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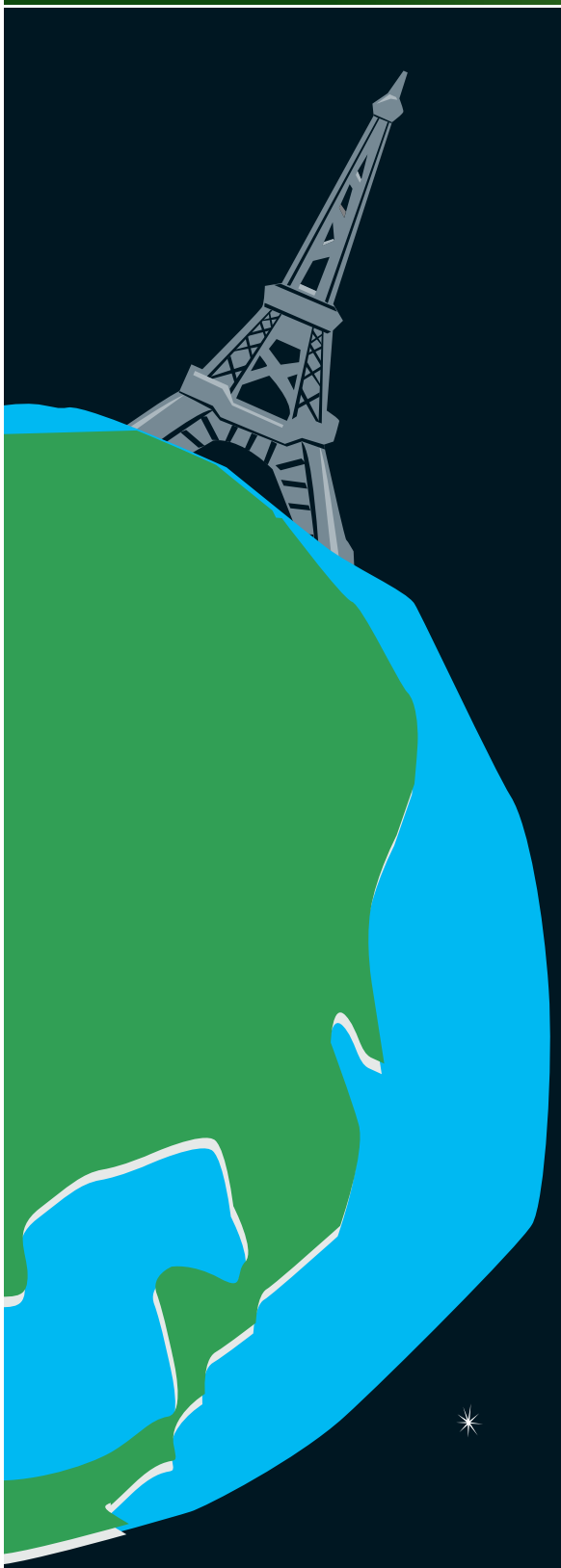

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Wednesday's Jackpot
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LOVE ENDS IN PAIN AND HURT
TAYLOR SWIFT ON HER NEW ALBUM {page 25}

FARRELL
JAYS GET NEW MANAGER
SPORTS {page 41}

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LUCAS OLENIUK/TORSTAR NEWS SERVICE

Rob in a romp

▶ Juggernaut Rob Ford rolls over rival George Smitherman ▶ Takes 47 per cent of vote ▶ Recent polls had Ford and Smitherman neck-and-neck ▶ Smitherman got 35 per cent ▶ Joe Pantalone 12 per cent { More on page 3}

▶ Rob Ford celebrates his election as Toronto mayor at the Toronto Congress Centre last night.

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CHRIS YOUNG/THE CANADIAN PRESS

▶ Toronto's newly elected mayor, Rob Ford, arrives at a polling station to cast his vote in the municipal election in Toronto yesterday.

open for business'

‘Differences aside, as a Torontonian who loves my city, I hope for your success, Rob,’ says Smitherman ‘The people of Toronto have spoken and democracy is beautiful’: Pantalone

Rob Ford has been elected the new mayor of Toronto, beating George Smitherman in a bitterly fought race considered too close to call as voters headed to the polls yesterday.

The city's choice marks the end of a dramatic, twist-filled 10-month campaign, and the unofficial close to the David Miller era that saw an expansion of city programs and spending, and a resulting backlash that framed the race to replace him.

Smitherman was considered an early favourite to win, but couldn't compete against Ford, who tapped into a potent well of voter fury with his promises to cut taxes and kill big spending.

"I just cannot wait to put an end to this gravy train and this wasteful spending, and we're going to get this city back on its financial feet," he said from the Ford family home. "Toronto is now open for business."

City hall is set to take a tilt to the political right after seven years of Miller's left-leaning reign, presuming the new mayor is able to convince his council, rich with fresh faces, to approve key elements of his election blueprint.

47% With 96 per cent of polls reporting last night, Ford took 47 per cent of the vote, compared to Smitherman's 35 per cent and Pantalone's 12 per cent.

For Deputy Mayor Joe Pantalone, the results are a disappointing end to a 30-year council career that saw the Italian immigrant lose four times before winning pre-amalgamation Toronto Ward 4 in 1980.

Pantalone, 58, ran on a pledge to continue the work he did as Miller's right-hand man, with change limited to policy "pruning and shaping."

But his pledges to defend the Transit City light rail plan, reject contracting out of city services, and hike funding to arts groups never got traction with change-hungry voters.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

Ford's promises

- Targeted tax cuts.
- Getting tough with the city's unions, including a hard look at contracting out services.
- The construction of new subway line and stops.
- Hiring more police officers.
- A tough review of Toronto's $9.2 billion operating budget and significant cuts in spending.
- Cutting the ranks of city workers by the thousands through attrition.
- The end of council's aggressive expansion of bike lanes on arterial streets.

1 news

Two hundred marathons in 2010 down, 50 to go for fundraising Alberta runner. Scan code for story.

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STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Fahim Ahmad is seen in a 2006 file photo during his arrest on terrorism-related charges.

Toronto 18 ringleader gets 16 years in jail

Fahim Ahmad claimed to have re-evaluated his goals and his understanding of Islam, judge says

A ringleader of the so-called Toronto 18 who plotted to storm Parliament and "cut off some heads" was sentenced to 16 years in prison yesterday after a judge said he could be rehabilitated.

Court heard weeks of evidence that Fahim Ahmad, 26, told recruits the group would target legislative buildings in Ottawa, electrical grids and nuclear stations, and that he held training camps in the Ontario wilderness to assess his recruits.

Ahmad pleaded guilty mid-trial to participating in a terrorist group, importing firearms and instructing his co-accused to carry out an activity for a terrorist group.

"I am not dealing with someone who remains openly defiant and who blatantly continues to advocate the rightfulness of his past ideas and actions ... I see prospects of rehabilitation."
JUSTICE FLETCHER DAWSON

Yesterday, he received a credit of 8½ years for the more than four years he spent in custody awaiting trial, and is eligible for parole in 3½ years.

Ontario Superior Court Justice Fletcher Dawson said that in deciding sentence he took into account Ahmad's age at the time of his arrest, the fact that he has no previous criminal record and evidence of his remorse.

He also considered letters written by Ahmad, his wife and father-in-law.

THE CANADIAN PRESS

Sick Kids gets $30M gift for cancer research

The parents of a boy who lost his battle with cancer have donated $30 million to the Hospital for Sick Children with the goal of helping more children survive the disease.

The donation, believed to be the single largest private gift to pediatric cancer in North America, will establish the Garron Family Cancer Centre and fund research into childhood cancer.

"We are privileged to support one of the most respected children's hospitals in the world," donors Myron and Berna Garron said in a statement yesterday.

"Our son was treated for cancer at Sick Kids for many years and we will never forget the dedication and level of care he received. We are confident this gift will help create more positive outcomes for cancer patients and their families."

"This gift helps Sick Kids stay at the forefront of pediatric cancer care and research, and will ultimately help children with cancer to live longer, more fulfilling lives."
DR. JAMES WHITLOCK, SICK KIDS CHIEF OF HEMATOLOGY AND ONCOLOGY

The donation will support four new senior research chairs and two clinician-scientist positions, various cancer programs at the hospital and the Innovative Therapies Fund, which invests in new treatments for children with cancer.

"The Garron family has had a 40-year relationship with Sick Kids," said Ted Garrard, president and CEO of the Sick Kids Foundation. "Their past support and this magnificent new donation demonstrate the family's deep commitment to philanthropy and to making a real difference in pediatric cancer care and research."

THE CANADIAN PRESS

Michael

- In 1975, the Garrons' son Michael died at age 13 from synovial sarcoma, a rare soft-tissue cancer.
- Through the Michael Albert Garron Foundation, the family has previously donated more than $1.3 million to the hospital to fund equipment and research projects to find new treatments for cancer patients.

Grocer to learn fate Friday

A judge will rule Friday on the fate of grocer David Chen, who is a hero to shop owners in the Chinese community but a criminal to the Crown, which is trying his case at Old City Hall.

Chen and two employees at Lucky Moose Food Market on Dundas Street West are accused of assault and forcible confinement for chasing down and detaining a man who had returned to their store about an hour after stealing a rack of flowers in May 2009.

TORSTAR NEWS SERVICE

Conviction in Duke of York killing

A Toronto jury delivered a verdict in a high-profile murder case yesterday.

On the second anniversary of the crime, Kyle Weese was convicted of second-degree murder in the death of Bailey Zaveda.

Zaveda was shot and killed outside the Duke of York Tavern Oct. 25, 2008.

Weese was also found guilty on four additional charges of aggravated assault. Weese has a lengthy criminal record, including a conviction for a shooting incident in 2006 that left one man with injuries.

THE CANADIAN PRESS

Brass Rail shooters sentenced

Stiff sentences were handed down yesterday to two men convicted in the fatal shooting of an innocent bystander outside a Toronto strip club in January 2008. Edward Paredes, 24, who gunned down John O'Keefe outside the Brass Rail, was given a life sentence with no chance of parole for 15 years. Awet Zekarias, 25, was given 11 years, less time already served for manslaughter.

O'Keefe was shot as he was walking past the club after bouncers had ejected Paredes and Zekarias.

THE CANADIAN PRESS

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Khadr enters guilty plea

Torontonian pleads guilty to war crimes after eight years in detention

Years of political handwringing over Guantanamo Bay's youngest and only remaining western inmate appeared close to an end yesterday as Canadian Omar Khadr pleaded guilty to war crimes charges in the death of a U.S. special forces soldier in Afghanistan eight years ago. Khadr, who had long denied having thrown the grenade that killed U.S. Army Sgt. 1st Class Christopher Speer in 2002, abruptly changed his tune when he withdrew his not-guilty plea and entered a guilty plea instead.

Once the plea was entered, Khadr — clad in a suit and tie — was questioned at length by judge Col. Patrick Parrish to ensure he understood the terms of a 50-paragraph "stipulation" laying out the agreed-upon details of the facts of the case.

THE CANADIAN PRESS

Canadian return?

- Under the terms of his plea agreement, Khadr will begin serving his sentence in an American prison, but he'll be permitted to apply for a transfer to Canada after the first year.
- It remained unclear yesterday whether Ottawa, which has long refused to make any effort to repatriate Khadr on the grounds that his trial was under U.S. jurisdiction, had agreed to allow him to return to the country of his birth.

Pumpkin. Head

▶ Julian Finkel, right, does the heavy lifting as daughter Digby, centre, and friend Carly Schwind, carry smaller pumpkins on Essex Street yesterday.

DARREN CALABRESE/THE CANADIAN PRESS

Signs of the season

Drugs allegedly sold from seniors' residence

A man is facing several charges after allegedly intimidating a 63-year-old man in a seniors' residence into allowing him to sell drugs out of the apartment.

Police allege they went to a seniors' home where the resident lived, and saw two women and one man flee the apartment, climbing over a balcony.

Police say they found the two women in a neighbouring apartment, and both were taken into custody.

The man was located on a sixth-floor balcony.

While trying to escape, police say the man stashed two loaded handguns under the bed of a 72-year-old woman. THE CANADIAN PRESS

Charges

- Shaye Stuart Brown, 30, of Toronto, is facing a slew of charges, including unauthorized possession of a firearm and forcible entry.

Accused pusher not responsible

The lawyer for a man accused of pushing two teenagers in front of a subway train last year says he's relieved his client has been found not criminally responsible.

Ian Kostman said yesterday the court found that Adenir DeOliveira suffered from a mental disorder, which included "major depression with psychotic symptoms."

DeOliveira, 49, had been charged with three counts of attempted murder and two counts of assault from an incident at Dufferin station. Chaos unfolded on Feb. 13, 2009, when DeOliveira pushed a group of three teens, who were out celebrating a birthday.

THE CANADIAN PRESS

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SECOND CUP

No interference in reno: Officials

- West Block controversy consumed House of Commons in recent weeks
- Opposition raising prospect that Tories took kickbacks for contracts

ADRIAN WYLD/THE CANADIAN PRESS

▶ Contractor Bobby Watt leaves Parliament Hill yesterday following a news conference about the West Block renovations.

An internal probe into a big-money Parliament Hill renovation contract now being investigated by the RCMP found no evidence of political interference, senior Public Works officials say.

But Montreal construction firm LM Sauve's low bid concerned the department enough that outside experts were brought in to assess the proposal.

Documents obtained by The Canadian Press reveal that LM Sauve's winning $8.9-million bid was nearly $2 million below the second-lowest estimate. That's a huge margin, especially given that the four other bids all came in within $500,000 of each other.

Senior bureaucrats at the Public Works Department spoke to The Canadian Press on the condition they not be named to explain why LM Sauve won the contract.

"We came to a conclusion that their bid was a little lower than expected," one official said.

"So we had a formal bid-review process with LM Sauve, and we went through it line item by line item. Now, the bottom-line argument, if you will, on why they would be able to complete the work for that price is that they were going to do the masonry work themselves."

How the Montreal construction firm made the short list for the West Block renovation — and then won it — over much bigger companies is at the crux of a brewing controversy over the contract. The Mounties are investigating possible breach of lobbying rules and anti-corruption laws.

Construction boss Paul Sauve says he hired Tory-connected Quebec businessman Gilles Varin to help get the job, and eventually paid him $140,000 for his efforts.

But department officials said a three-week search of emails and interviews with current and former staff could find no evidence of ministerial meddling. They said Sauve won the contract because it bid lower than the other companies, and Public Works felt it was the most qualified firm to do the job given its masonry experience.

Public records show that executives with several companies that received government contracts donated to the Conservatives at a party fundraiser in the Montreal area in 2009. Sauve organized the fundraiser months after getting the West Block contract. He says he did so at the behest of Varin and the head of the Conservative riding association in Bourassa, Gilles Prud'Homme.

THE CANADIAN PRESS

NHLer says Anglos get jobs over Quebecers

A former NHLer says the league discriminates against players who aren't English-speaking Canadians.

Bob Sirois says his book, Discrimination In The NHL, reveals statistical support for his claim.

In the new English-language translation of his controversial book — originally released in French last year — Sirois says Europeans, Americans and his fellow Quebecers are hurt by bias.

He says two things could help: The return of the NHL to Quebec City; and the opportunity to field a separate team at the world junior championships. THE CANADIAN PRESS

42

There are only 42 Quebecers playing in the NHL this year.

Earthquake. Tsunami warning

▶ Indonesians wade through a flooded street in the main business district yesterday in Jakarta, Indonesia.

DITA ALANGKARA/THE ASSOCIATED PRESS

Quake rocks Indonesia

An earthquake hit western Indonesia yesterday, triggering a tsunami warning that sent thousands of panicked residents fleeing to high ground. There were no immediate reports of damage or injuries.

Haiti races to prevent spread of cholera

A cholera outbreak that has killed more than 250 people in rural Haiti is stabilizing, health officials said yesterday, as aid groups and the government race to prevent it from spreading to the capital's squalid camps of earthquake survivors.

The outbreak was expected to continue spreading, but aid groups and the government said a drop in the death rate and the number of new cases suggested it may progress more gradually than feared. THE ASSOCIATED PRESS

Stabilization

- **The situation is stabilizing.** Officials said no cases have originated in the capital, Port-au-Prince, where authorities fear abysmal hygiene, poor sanitation and widespread poverty could rapidly spread the disease.

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Bi-weekly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $24,995 with $0 down payment. –Smart Purchase℠ financing is available on approved credit through GMCL. Example: $24,995 purchase price, $0 down payment, 6.00% APR for 70 months, the bi-weekly payment is $217.44 for $26,082 total obligation. Cost of borrowing is $1,087. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. (i) continue at initial payment amount for remainder of amortization term, or (ii) trade-in vehicle to dealer. Example: $10,995/$14,385/$27,495 at 6.49%/6.49%/6.00% APR with 48 month option and payments amortized over 65/67/70 months, the monthly payment is $201.18/$256.52/$466.50. Cost of borrowing is $2,075.20/$2,801.84/$5,160, total obligation is $13,070.20/$17,186.84/$32,655. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Excess wear and kilometer fees, disposal fee, duties and taxes not included. Dealer's are free to set individual prices. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL or Ally Credit may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. *Offer applies to the purchase of 2010 Chevrolet Aveo 5-door LS R7C/Cobalt LT Coupe or Sedan R7C) and 2011 Chevrolet (Malibu LS R7C/Equinox LS FWD R7A). ◆‡¿¥¤~*Freight & PDI ($1,450/$1,450/$1,450/$1,450/$1,450) registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010/2011 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. **Factory order or dealer trade may be required. ‡2010 Chevrolet Aveo LS equipped with 5-speed manual transmission. 2010 Chevrolet Cobalt LT equipped with 4-speed automatic transmission. Fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. 2011 Chevrolet Malibu and Equinox based on GM testing in accordance with regulations established by Transport Canada. Your actual fuel consumption will vary based on your driving habits and other factors. ‡‡Based on 2010 Chevrolet Aveo 5-door LS R7C, 5-speed manual transmission, 1.6 L DOHC 4-cylinder engine (MSRP $15,995) vs. 2010 Chevrolet Aveo 5-door LS R7C, 4-speed automatic transmission, 1.6 L DOHC 4-cylinder engine (MSRP $16,995). Based on Natural Resources Canada's 2010 Fuel Consumption Guide. ††Vehicle shown is a 2010 Chevrolet Malibu LT Platinum Edition. MSRP with freight, PDI & fees $31,119. Chevrolet Malibu LT Platinum Edition, MSRP with freight, PDI & fees $29,489. Chevrolet Equinox LTZ, MSRP with freight, PDI & fees $32,244. Prices are for suggested models only and do not include optional equipment, taxes, licence, insurance and dealer fees. Dealer may sell for less or lease for more. Visit dealer for complete details. ¥Subject to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ♦♦$1,000 is a manufacturer to consumer incentive (tax inclusive). Example $10,000 purchase price, after tax price is $11,200 ($10,000 plus $1,200 applicable taxes). After applying $1,000 credit, after tax price is $10,200 ($895 reduced purchase price plus $115 applicable taxes), with the $1,000 credit being the $895 reduction from the purchase price and the $115 reduction in taxes which would have otherwise been payable on the full purchase price. $1,000 credit available to current owners of a Buick/ Cadillac/ Chevrolet/ GMC vehicle registered and insured (in Canada) in their name for the previous consecutive six months and who are not eligible for the Discontinued Brand Owner Loyalty, Van Owner Loyalty, or Lease Bucks programs. Credit may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Buick/Cadillac/Chevrolet/GMC vehicle, delivered between 10/19/10 – 12/30/10. Ineligible vehicles: Aveo, Cobalt, Cruze, all Pontiac, Saturn, Saab, and Hummer vehicles, and medium duty trucks. Offer is transferable to a family member living within same household (proof of address required). 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Ineligible vehicles: Chevrolet Aveo, 2010 MY Chevrolet Cobalt, 2011 MY Buick Regal, Chevrolet Cruze and Cadillac CTS Coupe, and Medium Duty Trucks. Incentive ranges from $750 to $3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. GMCL may modify, extend or terminate program in whole or in part at any time without notice. If you successfully complete the RYR Program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the RYR Program and are therefore ineligible for GMCL's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca (www.scrapit.ca for residents of B.C.) for more information.

Harper raises touchy issues with Ukraine

Canada and Ukraine enter round of negotiations on free-trade deal ◗ Also address humanitarian reforms

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Stephen Harper

Prime Minister Stephen Harper tackled the sensitive subject of the Ukrainian genocide and the country's faltering human rights record during talks with his counterpart yesterday.

Harper was asked to comment on recent attempts by the government of Viktor Yanukovych to control the country's media, and the intimidation of students, academics and historians by police.

"I raised those matters and raised them both generally and in some detail with President Yanukovych. I won't get into any more detail, other than to say I appreciate the president's firm commitments publicly in terms of respect of those critical freedoms," Harper said at a news conference.

Harper began his day at a monument marking the starvation deaths of up to 10 million Ukrainians at the hands of Josef Stalin in the 1930s — a genocide Yanukovych has been reluctant to recognize.

The Holodomor has been recognized as a genocide in the Canadian Parliament and by several other countries. Recognition has been an important point of principle among Ukrainian Canadians, many of whom had relatives who fled the country during that period.

THE CANADIAN PRESS

Anniversary. Poppy coin

▶ Defence Minister Peter MacKay chats with veteran Vern Westhaver at the unveiling of the 2010 coin yesterday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Honouring Canada's veterans

Defence Minister Peter MacKay was on hand to unveil the coloured 25-cent poppy coin to honour Canada's war veterans and military personnel. The 2010 coin will mark the 65th anniversary of the end of the Second World War.

Minister survives B.C. shuffle

British Columbia's embattled Finance Minister Colin Hansen remains in his portfolio despite a massive cabinet and bureaucracy shakeup yesterday. Hansen was minister when the government introduced the much-hated harmonized sales tax.

THE CANADIAN PRESS

Pakistan a centre for terror: U.S.

Scan code for news

Cholera outbreaks double

More than 1,500 people have died in Nigeria from a cholera outbreak this year, health officials said yesterday, more than double the last estimates. The deaths come as the waterborne illness continues to plague other West African nations, including Benin.

THE ASSOCIATED PRESS

French strikers kicking up expensive stink

- Pension reform bill almost certain to pass this week
- President Sarkozy's popularity plummeting

AHN YOUNG-JOON/THE ASSOCIATED PRESS

▶ Christine Lagarde

France's massive strikes are costing the national economy up to $557 million US each day, French Finance Minister Christine Lagarde said yesterday as workers continued to block trash incinerators to protest a plan to raise the retirement age to 62.

Rotting piles of garbage — now at nearly 9,000 tons — are becoming a health hazard in the Mediterranean city of Marseille, which has been hit hard on land and at sea. Striking dockers at France's largest port are intermittently blocking ships trying to unload fuel there.

Twelve striking refineries have been shut down for nearly two weeks, but the protest movement appeared to weaken yesterday after workers at three refineries voted to end their walkout. The French oil refineries' body, UFIP, said all the country's oil depots had also been unblocked.

The oil workers' return to work is likely to ease the ongoing gasoline shortages, which yesterday still had about one in four gas stations in France shuttered.

President Nicolas Sarkozy has stood firm throughout the weeks-long protest, insisting the reform is necessary to save the money-losing retirement system and ensure funds for future generations as life expectancy increases and the country's debt soars.

THE ASSOCIATED PRESS

SHAUN SIMPSON

Muddy magic

Today's photo of the day is by Canadian Shaun Simpson and was submitted in the Emotions category. The photo is titled: The Porcelain People I. Enter your photos today and view more pictures at metrophotochallenge.ca.

PHOTO CHALLENGE

Clamping down on bullying

New Jersey lawmakers have introduced a bill to toughen the state's anti-bullying laws after the widely publicized suicide of a Rutgers University student.

A bipartisan group of lawmakers yesterday touted the "anti-bullying bill of rights" targeting public schools and colleges.

It would require school districts to establish anti-bullying programs and require training for teachers and staff in suicide prevention and dealing with bullying. Public colleges and universities would need anti-bullying language in their codes of conduct.

New Jersey became one of the first states to pass a school bullying law in 2002. But its sponsors say it didn't go far enough.

Rutgers freshman Tyler Clementi committed suicide last month after authorities say his roommate secretly webcast his tryst with a man.

THE ASSOCIATED PRESS

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California to decide on liberal marijuana laws

Danny Glover among celebrities, law enforcement officials and even social media founders who have been throwing their weight behind Proposition 19

The state of California could vote next week to legalize, regulate and tax marijuana, a move that some suggest could not only blaze a trail for more liberal weed laws across the country but also obliterate a longtime racial injustice.

A recent study found that from 2006 to 2008, police in 25 of the state's major cities arrested blacks at four to 12 times the rate of whites. That's despite several federal government studies that suggest fewer African-Americans smoke marijuana than whites.

The study, conducted by the California chapter of the National Association for the Advancement of Colored People (NAACP) and the pro-legalization group, Drug Policy Alliance, concluded that marijuana arrests are racially biased because police focus on high-crime, low-income neighbourhoods often populated by African-Americans.

Joycelyn Elders, the African-American former surgeon general under ex-U.S. president Bill Clinton, has also urged an end to the war on drugs due to the racial disparities inherent in the battle. "We are spending billions of dollars each year for a war on drugs, but it has been a war on young black males ... and it's time for us to end that war," Elders said.

THE CANADIAN PRESS

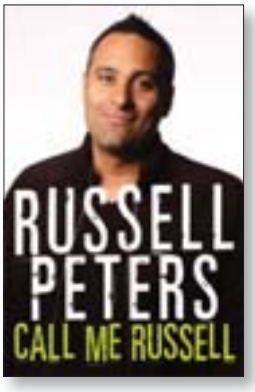
Prop 19

Such revelations have prompted the American Civil Liberties Union to push for passage of Proposition 19, a measure that would make it legal for any Californian older than 21 to possess an ounce, or 28 grams, of marijuana while also giving the green light to cities and counties to regulate and tax commercial sales of weed.

IN PERSON

Russell Peters

Wednesday, October 27th, 7pm Chapters John & Richmond
Friday, October 29th, 7pm Chapters Brampton



Join us as international comedy phenomenon **Russell Peters** signs his hilarious and candid new memoir, *Call Me Russell*.

No memorabilia, Russell Peters will only be signing copies of *Call Me Russell*.

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AFGHANISTAN

Unlicensed company guards base

The Canadian military has acknowledged using an unlicensed private security firm to guard one of its forward operating bases.

Task Force Kandahar conducted a review of its private security contracts following a decree earlier this year by Afghan President Hamid Karzai banning most firms from operating in the country after Dec. 17.

Lt.- Col. Tim Marcella says the military is working with the company to get it registered ahead of the December deadline, which would allow it to keep operating.

Officials say they have never had a problem with the unlicensed firm, the name of which they refused to divulge for security reasons.

THE CANADIAN PRESS

Feds eye heavy-duty emissions

Heavy-duty vehicles will soon fall under the same emissions regulations as cars and trucks now do.

The Conservative government published a document yesterday outlining proposed regulations to lower greenhouse-gas emissions from new heavy-duty vehicles.

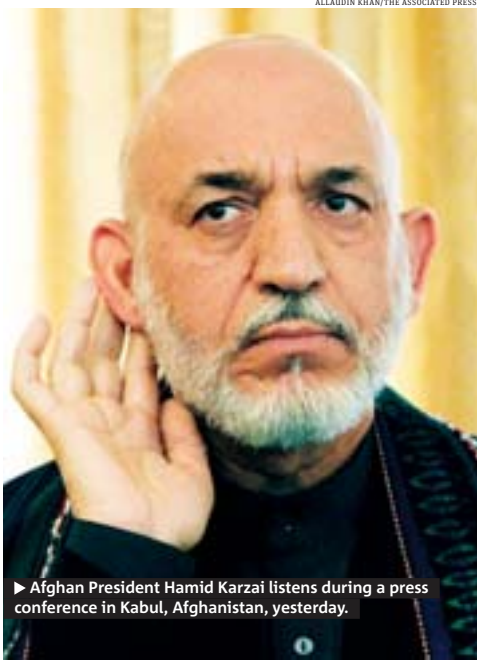
THE CANADIAN PRESS

PotashCorp defence escalates

Saskatchewan Premier Brad Wall says it's up to the federal government to protect Canadian control of natural resources. Scan code for story.

Karzai confirms cash payments from Iran

ALLAUDIN KHAN/THE ASSOCIATED PRESS



▶ Afghan President Hamid Karzai listens during a press conference in Kabul, Afghanistan, yesterday.

Pentagon official questions Iran's motives, saying Tehran was playing a destabilizing role in Afghanistan

Afghan President Hamid Karzai acknowledged yesterday that he receives millions of dollars in cash from Iran, adding that Washington gives him "bags of money" too because his office lacks funds.

U.S. officials said the money flowing from Tehran was further proof that Iran is playing a double game in Afghanistan — wooing the government while helping Taliban insurgents who are fighting U.S. and NATO forces.

The United States has itself used cash as a weapon in the wars in both Afghanistan and Iraq — from local development projects to win public support, to salaries for Iraqi insurgents who switched sides, to cash payoffs to influential community leaders willing to back the U.S. and its allies.

"It is not hidden. We are grateful for the Iranians' help in this regard. The United States is doing the same thing."

AFGHAN PRESIDENT HAMID KARZAI

Karzai said that once or twice a year, Iran gives his office $700,000 to $975,000 for official presidential expenses.

"This is transparent. This is something that I've even discussed while I was at Camp David with president Bush," Karzai said, referring to meetings with then-president George W. Bush at the U.S. presidential retreat outside Washington. THE ASSOCIATED PRESS

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Minister says sorry for smear campaign

Veteran Affairs Minister publicized critic's medical reports Other vets may have had privacy invasions

ADRIAN WYLD/THE CANADIAN PRESS

Jean-Pierre Blackburn

Veterans Affairs Minister Jean-Pierre Blackburn issued a formal apology yesterday to an outspoken critic whose confidential psychiatric reports were used in a political smear campaign.

The embattled minister's statement was the first public step in defusing the privacy scandal that has sent his department reeling and distracted attention away from improvements to veterans benefits by the Harper government.

Although aimed at Sean Bruyea, the former intelligence officer whose medical information was stitched into a ministerial briefing note in March 2006, the apology acknowledged for the first time that other veterans may have suffered similar privacy invasions.

"I also extend my sincere regrets to anyone who may have gone through the same situation," Blackburn said in a release.

The formal statement of regret to Bruyea was accompanied by an offer of fast-tracked mediation for an out-of-court settlement to the Gulf War veteran's $400,000 privacy lawsuit against the federal government.

Since Bruyea's story broke last month, other veterans have come forward with evidence or concern that their personal information, including medical records, was misused by Veterans Affairs bureaucrats.

THE CANADIAN PRESS

Off-duty police officer foils beauty salon holdup

Police have arrested a man they say was thwarted from robbing a New York beauty salon by an off-duty officer who was getting her hair done.

Police say the 19-year-old man was arrested early yesterday.

They say the gunman entered Sabine's Hallway beauty salon in Brooklyn Saturday evening and demanded cash and belongings from the customers.

Police say a 50-year-old patron identified herself as a police officer and ordered him to drop his gun, but the man shot at her and missed.

Police say she returned fire, hitting him in the right arm and thigh.

No injuries were reported in the salon.

THE ASSOCIATED PRESS

Jennifer Mee, right, of St. Petersburg, Fla., had uncontrollable hiccups that brought her worldwide attention.

FORMER HICCUP GIRL CHARGED WITH FIRST-DEGREE MURDER

A Tampa Bay woman who was plagued by uncontrollable hiccups for months has been charged in the killing of a man during a robbery, police said. Jennifer Mee, 19, of St. Petersburg and two others were charged with first-degree murder in the death of Shannon Griffin, 22, Saturday.

Mee lured Griffin to a home where the others robbed him at gunpoint, Sgt. T.A. Skinner of the St. Petersburg Police Department said in a Sunday news release. Griffin struggled with the suspects and was shot several times, police said. Mee and the others admitted their involvement, Skinner said.

Mee's hiccups — up to 50 a minute — gained her notoriety in 2007. She tried home remedies and consulted medical specialists, a hypnotist and an acupuncturist, until the hiccups finally stopped on their own.

THE ASSOCIATED PRESS

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THE ASSOCIATED PRESS FILE

▶ This undated file photo provided by Orkin LLC shows bedbugs. New York City's bedbugs have climbed out of bed and boldly marched into places like the Empire State Building, Bloomingdale's and Lincoln Center, causing anxiety among New Yorkers and tourists alike.

Bedbugs take bite out of Big Apple

Tourists say they are aborting their trips because they fear the bloodsucking pests

New York City's bedbugs have climbed out of bed and marched into landmarks like the Empire State Building, Bloomingdale's and Lincoln Center, causing fresh anxiety among tourists who are cancelling vacations planned for the height of the holiday season.

Some travellers who had arranged trips to New York say they are worried about staying in hotels and visiting attractions as new reports of bedbugs seem to pop up every few days. And officials in Mayor Michael Bloomberg's administration are concerned about the effect on the city's image and $30-billion tourism industry.

The discoveries of pests at high-profile places and public areas are often not full-blown infestations. Bloomingdale's reported finding exactly one bug in the famous department store; the Empire State Building had them in the basement; and Lincoln Center's were in a dressing room. But those reports are causing skittish travellers to call off trips.

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 62.40 (12,663.58)	+ 0.63¢ (98.01¢ US)	+ 83¢ US ($82.52 US)	$3.262 (– 07¢)

Gold contracts $1,338.90 (+ $13.80)

CURRENCIES

Loonie takes leap upwards

The Canadian dollar rose nearly two-thirds of a U.S. cent yesterday as the U.S. dollar slumped in the wake of a pledge by global finance chiefs to avoid a currency war that could derail the global recovery. The loonie closed up 0.63 of a cent at 98.01 cents US.

The promises by finance ministers from the Group of 20 countries were enough to help investors look past immediate threats of a currency war and focus on the main economic event on the horizon — the Federal Reserve's expected expansion of the U.S. money supply.

Markets fear that such a move, known as quantitative easing, could also further weaken the greenback.

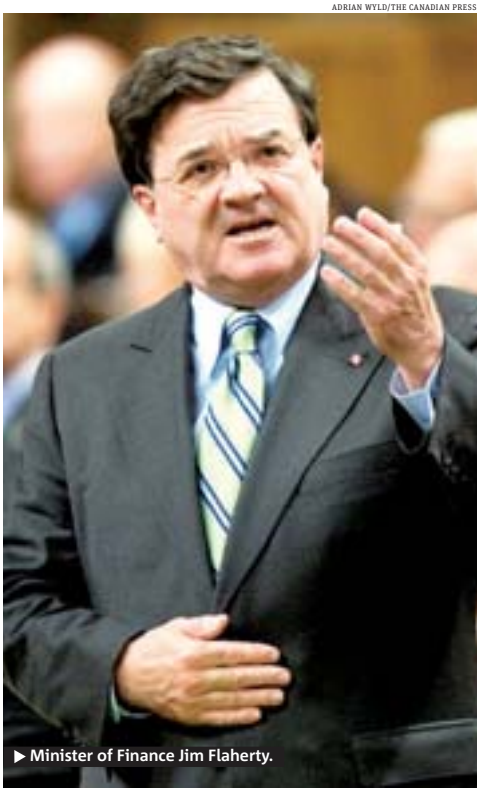
"The currency markets were not fooled and promptly sold the U.S. dollar … including putting in a new low against the Japanese yen," said Andrew Busch, global currency and public policy strategist at BMO Capital Markets.

"The driving theme for the markets remains a lower U.S. dollar via (quantitative easing) for floating currency countries."

THE CANADIAN PRESS

Slowing economy worries Flaherty

ADRIAN WYLD/THE CANADIAN PRESS



▶ Minister of Finance Jim Flaherty.

▶ G20 represent 85% of world economy ▶ Summit begins Nov. 11

Finance Minister Jim Flaherty says Canada is apprehensive about the slowing and uneven pace of global recovery despite having weathered the recession relatively well.

He says it's essential the G20 follow through in implementing its package of global reforms and work hard to ensure the world economy remains on "a sustainable path." Flaherty also warned that demand in advanced economies is expected to be subdued as consumer and investor confidence remains weak due to rising unemployment, uncertainty in financial markets and concerns over fiscal sustainability.

On Saturday, the G20 countries vowed to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery.

The agreement came amid fears that countries were on the verge of a so-called currency war in which they would devalue currencies to gain an export advantage over competitors — causing a rise in protectionism and damaging the global economy.

"The acid test of co-operation is whether countries adopt policies that they would not adopt on their own."

FOREIGN EXCHANGE ANALYSTS AT BARCLAYS CAPITAL

The agreement, though vague on enforcement and long on promises, was hailed by officials and analysts as a step forward in defusing tensions.

Still, it could turn out to be nothing more than a symbolic handshake unless the disparate forum that has become the board of directors for the global economy can act on its words and build a viable enforcement mechanism.

THE CANADIAN PRESS

Developer buys Toronto malls

First Capital Realty Inc., has acquired two shopping centres in Toronto for a total of $77.9 million, the real estate developer said yesterday.

Together, the properties cover 319,700 square feet and both have redevelopment opportunities in growing communities.

"We continue to be focused on acquiring well-located properties in supply constrained markets that have redevelopment and rent growth opportunities," president and CEO Dori Segal said in a release.

The first property is Parkway Mall, a 257,000-square-foot shopping centre on 7.32 hectares of retail space. It was purchased for $61.8 million in cash.

178 First Capital is a developer of neighbourhood and community shopping centres with interests in 178 properties, including three under development.

The company also purchased Kingston Square, a 62,700-square-foot shopping centre adjacent to its own Morningside Crossing centre, for $16.1 million in a combination of cash and $10 million of debt.

THE CANADIAN PRESS

ALEX BRANDON/THE ASSOCIATED PRESS FILE

▶ Ben Bernanke

Flawed foreclosures probed

U.S. banking regulators are examining whether mortgage companies cut corners on their own procedures when they moved to foreclose on people's homes, Federal Reserve chairman Ben Bernanke said yesterday.

Preliminary results of the review into the practices of the nation's largest mortgage companies are expected next month, Bernanke said.

Dubious mortgage practices and lax lending standards were blamed for contributing to a housing bubble that eventually burst and thrust the economy from 2007-09 into the worst recession since the 1930s. Many Americans took out home loans they didn't understand and bought homes they couldn't afford.

As a result, foreclosures have soared to record highs. It's one of the negative forces restraining the economy's ability to get back on sounder footing.

Now, more than 20 per cent of borrowers owe more than their home is worth, and an additional 33 per cent have equity cushions of 10 per cent or less, putting them at risk should house prices decline much further, Bernanke said.

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THE ASSOCIATED PRESS

▶ Indian Prime Minister Manmohan Singh is welcomed yesterday by his Japanese counterpart Naoto Kan in Tokyo.

Sweeping agreement

India-Japan trade deal comes after four years of negotiations

The leaders of India and Japan signed a sweeping agreement yesterday to increase trade, and agreed to speed up talks toward a civilian nuclear energy deal — despite sensitivity in Japan over India's past atomic test blasts.

The deal slashes tariffs on goods from auto parts to bonsai plants, and introduces measures to promote investment and deal with intellectual property rights.

"It will open up new business opportunities and lead to a quantum increase in trade and investment flows between our two countries," Indian Prime Minister Manmohan Singh said at a joint press conference with Prime Minister Naoto Kan.

Forging this kind of pact is increasingly a priority for Japan, which sees itself falling behind regional rival South Korea in this area. The deal could also be a step toward reducing Japan's heavy dependence on the Chinese market.

THE ASSOCIATED PRESS

NEWSPAPERS

Print still losing readers

Circulation is still dropping at U.S. newspapers.

Figures released yesterday by the Audit Bureau of Circulations show average daily circulation fell five per cent in the six months that ended Sept. 30, compared with a year earlier.

The latest decline was not as steep as the 8.7 per cent drop seen in the previous reporting period, which ran from October 2009 through March of this year.

Several trends factor in the decline. The growing popularity of free news on the web is making newspaper subscriptions unnecessary for many readers. And publishers looking to offset losses in advertising revenue have raised newsstand and subscription prices, and reduced delivery to less profitable areas. THE ASSOCIATED PRESS

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Punta Cana, Dominican Republic	Ja-05 Ja-12	Ja-12 Ja-19	Ja-19 Ja-26	Ja-26 Fe-02	Fe-02 Fe-09	Fe-09 Fe-16
Bahia Principe Punta Cana (4+)	1267	1267	1287	1401	1320	1420
Barcelo Bavaro Beach & Caribe (3+)	1295	1275	1375	1375	1425	1435
Barcelo Bavaro Casino (3+)	1059	1045	1135	1125	1145	1185
Barcelo Bavaro Palace (4)	1227	1275	1312	1396	1316	1416
Barcelo Dominican Beach (3+)	1122	1145	1180	1225	1180	1270
Barcelo Punta Cana (4)	1092	1092	1102	1222	1122	1222

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FRIGHTENING COSTUME CLICHÉS TO AVOID

She says ...

JESSICA NAPIER

Halloween is one of those annual events I just love to hate.

Every year, I experience a childlike excitement as I indulge in not-so-sinful bite-sized chocolate bars and watch homemade haunted houses sprout up on lawns around my neighbourhood. But my delight in all the tacky accoutrements of this devilish day is always offset by the horror of heinous costume crimes on the night of the 31st.

Dress-up offences usually come in three forms: Animals in costume; racially charged characters; and the slutty nurse.

First of all, please stop forcing your pets into obnoxious critter costumes. Your extremely co-operative cats and dogs are not amused and you're only embarrassing yourself. I cringe every time I see a poor creature outfitted in some sort of "adorable" Halloween outfit. Next time you're bored at work, do a quick Google image search on "Why dogs hate Halloween" and you'll see what I'm talking about.

"When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?"

Next up, the tricky terrain of playing race-card dress-up. Here is a simple rule of thumb for all of you considering a costume that involves a change in ethnicity: Don't do it. Just because it's Halloween doesn't make it excusable. No matter how hilarious you think your version of Old Spice Guy will be, you are going to offend someone. Blackface is never a good idea.

And finally, the worst costume offence of them all — the slutty nurse. Of course, by "slutty nurse" I really mean the slutty cat, slutty pirate, slutty cop and all the other frighteningly revealing outfits that have become such an unavoidable part of Halloween.

Did I miss something? When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?

Every year, no matter how you choose to celebrate this spook-tacular day, you will inevitably encounter a group of creepy guys in store-bought costumes ogling nearly naked cowgirls and sexy sailors.

Not only are these over-sexed ensembles predictable and unimaginative — they're also seriously impractical. Guess what ladies? We live in Canada. The average late October nighttime temperature usually hovers around the freezing mark. It's too cold to go outside wearing a barely there leotard and animal ears.

I'm begging you, stop putting the trick in trick or treat and dream up an original costume for a change.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Call the fashion police

Worth mentioning

Just how mini can a miniskirt be?

The mayor of a small Italian town wants law enforcement officials, and not fashion gurus, to be the ones to decide.

The mayor of the southern seaside town of Castellammare di Stabia got his way yesterday when city council approved a ban on football games in public parks and squares, blasphemy out loud, and "very skimpy clothes," the ANSA news agency reported.

Conservative Mayor Luigi Bobbio said miniskirts and other provocative outfits will still be allowed as long as they are not too revealing.

"It's a matter of common sense, of common decency," he told The Associated Press.

A handful of local female politicians protested in front of the town's city hall during yesterday's vote, but few, if any, wore miniskirts.

The measures also include a ban on playing football in public spaces — Bobbio says these games often turn into fights — sunbathing or undressing in town, blasphemy and foul language in general. Men cannot go around shirtless, the rules say.

Violations can be punished with a fine of up to $700 US.

THE CANADIAN PRESS

Fine clothing or fined for clothing?

THE ASSOCIATED PRESS FILE

What's your favourite Halloween costume?

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Tashkent Restaurant

One of the best parts about living in Toronto is sitting at home, spinning your giant world globe from the early '90s (you know the kind we're talking about), letting your finger land on a random country, and knowing you can find a restaurant somewhere in the city where they serve said cuisine.

Try it — it's fun! And large bodies of water don't count.

You landed on Uzbekistan? No problem. Get in your car and drive out to Downsview. Tashkent Restaurant at 800 Petrolia Ave. serves up piping hot Uzbek food. If you're curious as to what exactly that entails, you'll have to discover that for yourself.

JORDANA DIVON

▶ Try some Uzbek food at Tashkent Restaurant.

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SATURDAY, OCTOBER 30

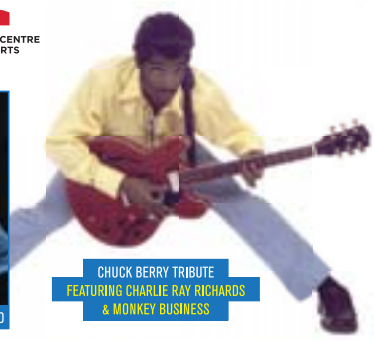
9:35-9:50am	Chuck Berry Tribute
10:20-10:35am	*Patricia O'Callaghan* - Songs of Leonard Cohen
11:05-11:10am	Stretch Break with *Toronto Rehab*
11:10-11:25am	Chuck Jackson of Downchild with the All Stars
11:55-12:10pm	Michael Burgess
12:40-12:45pm	Stretch Break with *Toronto Rehab*
12:45-1:00pm	Elton John Tribute - *Ronnie & the Jets*
1:30-1:40pm	Zoomer Fashion Show
2:10-2:15pm	Stretch Break with *Toronto Rehab*
2:15-2:30pm	Pink Floyd Tribute - *Floydfactor*
3:00-3:15pm	Disco Inferno Tribute
3:45-3:50pm	Stretch Break with *Toronto Rehab*
3:50-4:05pm	Toronto All-Star Big Band
4:20-4:35pm	Elvis Tribute

SUNDAY, OCTOBER 31

9:35-9:50am	Little Richard Tribute
10:20-10:35am	Ray Charles Tribute
11:05-11:10am	Stretch Break with *Toronto Rehab*
11:10-11:25am	Chuck Jackson of Downchild with the All Stars
11:55-12:10pm	Michael Burgess
12:40-12:45pm	Stretch Break with *Toronto Rehab*
12:45-1:00pm	Liona Boyd with special guest Srdjan Givoje
1:30-1:40pm	Zoomer Fashion Show
2:10-2:15pm	Stretch Break with *Toronto Rehab*
2:15-2:30pm	Supremes Tribute
3:00-3:25pm	Eagles/Queen Tribute with *Michael Shotton*
3:55-4:00pm	Stretch Break with *Toronto Rehab*
4.00-4.15pm	Neil Young Tribute - *Powderfinger*

CANADIAN SINGING LEGEND MICHAEL BURGESS

CHUCK JACKSON OF DOWNCHILD BLUES BAND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KEITH BEDFORD/STARBUCKS/GETTY IMAGES

▶ Singer Taylor Swift purchases her new album Speak Now at the Times Square Starbucks yesterday in New York City.

Breaking up is hard to do

GRAHAM ROCKINGHAM
SCENE@METRONEWS.CA

Taylor Swift is the first to admit she's grown up a lot in the past few years.

When she was still a high school student, Swift was more reckless in her relationships.

You can hear it in songs like Fifteen where she's eager to find love, jumping in head first without looking back. You can see it in the title of her second album — Fearless.

But now, at 20, she's more cautious — careful.

"As you experience love, as you experience more relationships, you start to realize that sometimes, most times actually, love ends in goodbye," the singer-songwriter says about the songs from her third CD, Speak Now.

"Love ends in pain and hurt, whether you've gone through it, or you see your parents go through it or you see your family and friends go through it," she says.

"Every time there's an argument or an issue in that new relationship we have those ghosts pop up in our rear view mirror of all the times love hasn't worked out before. (The song) Mine is about … if you want to overcome all that, if you want to make a relationship work, you have to block out those ghosts in the rear view mirror and those voices saying this is going to end like all the rest of them did."

Swift is on the phone from Nashville, where she's undergoing an endless stream of 10-minute interviews in the carefully orchestrated buildup to release of Speak Now, which hit record stores across the continent yesterday.

She's chatty and, at times, playful. Her answers are well thought-out, spoken in complete sentences. She's opening up her deepest feelings to a complete stranger, but still guarded about the details.

All her fans seem to be aware of her past love interests, which include pop rocker Joe Jonas and Twilight actor Taylor Lautner. But still, she won't attach names to the songs. She's being careful.

The toughest track for Swift to write was Innocent.

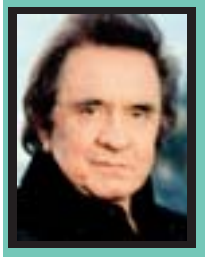
It's about Kanye West, the bad boy rapper who humiliated Swift at the 2009 MTV Video Music Awards by interrupting her acceptance speech.

"You've made a rebel out of a careless man's careful daughter"
FROM TAYLOR SWIFT'S LATEST HIT SINGLE, MINE

"There are some songs that take 30 minutes to write and there are some songs that take six months to write," she explains.

"When things really intensely affect me emotionally, sometimes knowing what to think, knowing what to say, and knowing how to feel take a very long time to determine."

2 scene



The man in black will be bringing in some green when Johnny Cash's guitars, costumes, handwritten lyrics and personal belongings go on the auction block.

The embroidered blue jumpsuit Cash wore to rehearse for his infamous performance at San Quentin State Prison is expected to fetch $3,000 to $5,000. Also up for sale are vintage guitars, a harmonica, Cash's passport and briefcase, and handwritten lyrics, notes and poems.

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There is a little more spice this season on Sandra Lee's Semi-Homemade Cooking, with Cuomo running for N.Y. governor

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Teasing at its best

Les Amours imaginaires (Heartbeats)
Genre: Drama
Director: Xavier Dolan
Stars: Xavier Dolan, Monia Chokri, Niels Schneider
●●●●½

Advance word on Heartbeats, the sophomore feature from Quebec wunderkind Xavier Dolan (J'ai tué ma mere), had it as a ménage à trois between Dolan's character Francis and friends Marie (Chokri) and Nicolas (Schneider).

This is a tease, but then so is the movie, in the best possible sense. It is true that Francis, Marie and Nicolas are never far from a bed, but the permutations of their passion take many forms that don't always add up to three.

Longtime pals Francis and Marie fall under the spell of Nicolas, a curly blond Adonis type, whom they spot at a luncheon and wrongly assume to be something of a yokel.

Nicolas is from the country and grins readily at many jokes, while Francis, who is gay, and Marie, who is straight, are sophisticated cynics from Montreal. It's not long, though, before both Francis and Marie are imagining themselves entangled with Nicolas, who is far shrewder and more calculating than he appears.

He remains an obscure object of desire, making everyone guess as to what gets him off. Francis and Marie become increasingly determined to command his attention, marking time with one-nighters with other lovers who leave them unfulfilled and longing for Nicolas even more. With Heartbeats, Dolan defies cardiac arrest.

Extras include deleted scenes, commentaries with Dolan and Chokri, a bloopers reel and screenplay notes. ● PETER HOWELL

The Girl Who Played With Fire
Genre: Drama
Director: Daniel Alfredson
Stars: Noomi Rapace, Michael Nyqvist, Annika Hallin, Per Oscarsson
●●●

As often happens midway through dramatic trilogies, the story sags and the violence gets ramped up, as preparations are made for the grand finale.

It's no different with The Girl Who Played With Fire, the second film adaptation of Stieg Larsson's Millennium Trilogy.

Noomi Rapace returns as Lisbeth Salander, and she's teamed again with investigative reporter Mikael Blomkvist (Michael Nyqvist).

Salander is on the lam, framed for three murders that Blomkvist knows she didn't commit. An international sex-for-hire ring and a hulking villain straight out of a 007 film add further complications.

Director Daniel Alfredson made this for Swedish TV, and it shows. The grainy digital look suggests an impoverished budget. ● PETER HOWELL

Winter's Bone
Genre: Drama
Director: Debra Granik
Stars: Jennifer Lawrence, John Hawkes
●●●●

There are questions you don't ask and mysteries you don't try to solve in the Ozark Mountains hamlet where 17-year-old Ree Dolly (Jennifer Lawrence) lives with her impoverished family.

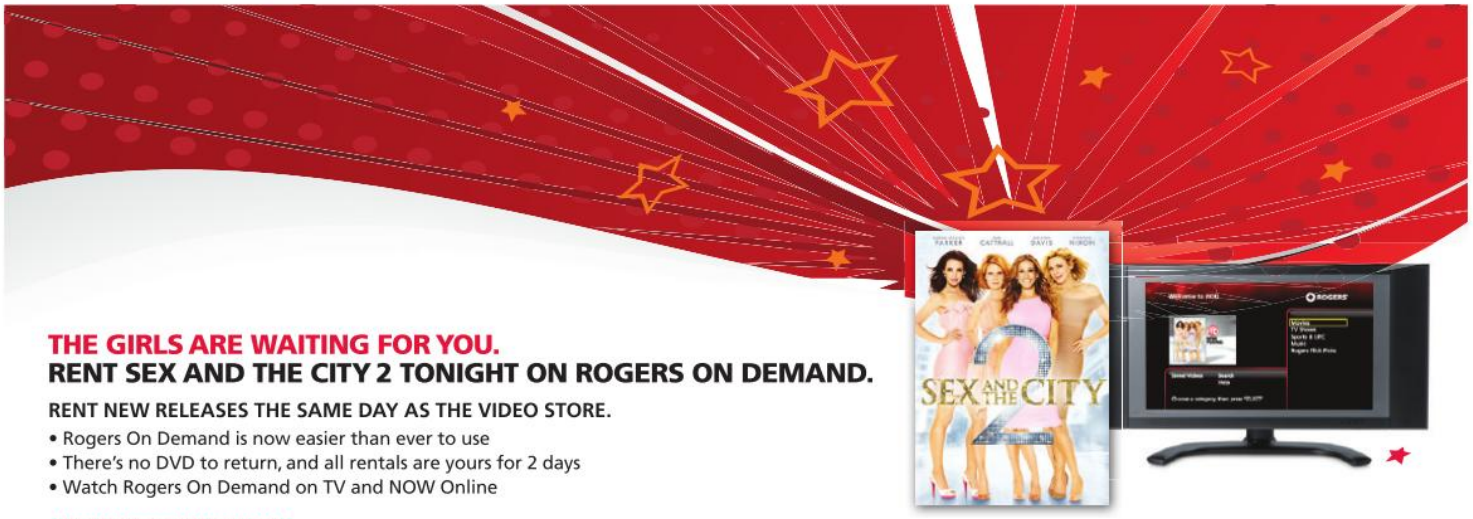
Failure to heed these rules, as we learn almost by intuition in Debra Granik's forlorn anti-thriller, could get you beaten, or worse. But Ree needs to know what happened to her missing father.

Winter's Bone, this year's Grand Jury Prize winner at Sundance, confirms Granik's affinity for

difficult subjects and her knack for spotting new talent.

The film's dialogue is so sparse and the plot is so lean, it requires acting of exemplary strength. The cast delivers in spades, chiefly in the performances by Lawrence, who is courting awards season attention.

Extras include deleted scenes and making-of featurettes. ● PETER HOWELL



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Canines inspire OK Go

Band's video for White Knuckles seen by millions ◗ It took 124 attempts, with a mix of human and animal errors causing lost takes ◗ Aim is to have basic activities going in sync

SUBMITTED

▶ A scene from the OK Go music video White Knuckles.

OK Go has gone and done it: it turned the band's White Knuckles video into a dog fest of a YouTube sensation, and with a little help from a goat.

The video received a million hits in a day after it debuted on The Ellen DeGeneres Show and was posted online Sept. 20.

Sure, the band's popular, but this time it owes a debt to Riot, Spike, Justice, Jury, Sequel, Zuni, Kash, Bunny, Peanut, Tin Tin, Kobie and Dazzle. And Ranger, a feisty goat who makes a cameo pulling at a leash in the 3½ minutes of bouncy music, frantic stacking of plastic buckets and canine tricks.

Fame came faster for White Knuckles than OK Go's Grammy-winning Here It Goes Again treadmill video, which has over 50 million hits in five years, said Bobbie Gale, the band's publicist.

Playing stagehands to the dogs are the band's Damian Kulash, Tim Nordwind, Dan Konopka and Andy Ross. Dressed in white from head to toe, they sing White Knuckles from their album Of the Blue Colour of the Sky as they twirl dogs in chairs and hoist them on planks, tables and into movable cubby holes by twos and threes. The band didn't want a bunch of stupid pet tricks or one amazing dog, but a lot of dogs doing basic things together, said Kulash, the guitarist and lead singer.

"You take any two simple things and make them move in sync and suddenly they have personality. Something comes out of it. There is a gut emotional response to having things moving that way," he said.

OK Go should know.

The backyard, treadmill and animal dances were choreographed by Trish Sie, Kulash's sister. She and the band won a best short form music video Grammy as co-directors of the treadmill piece.

Before a performance at MTV's Video Music Awards, saying, 'What has happened? What universe are we in?' But it begged the question, what are we going to do now?" Sie said.

That was the night they decided whatever it was, it would involve dogs. When the time came, she said the dogs were the biggest challenge and the greatest reward. "Dogs don't understand the concept of a beat or an eight-count. It's all one big game to them," Sie said.

THE ASSOCIATED PRESS

Scissor Sisters cancel Euro tour dates

Glam pop band Scissor Sisters says it is cancelling tour dates in Europe due to "funding issues."

The New York-based quintet says it "has become impossible to make the tour work financially."

The band said in a statement posted on its website Monday that it was "very disappointed, but it is beyond anyone's control." The band didn't elaborate.

Refunds will be made for the nine shows in Denmark, Germany, the Netherlands, France, Luxembourg, Switzerland and Italy. Their gigs in Britain are not affected.

The Scissor Sisters have become international stars with millions of records sold. Their debut album was released in 2004 and sold over 2.5 million copies, making it the biggest-selling album of the year.

THE ASSOCIATED PRESS

Please refer to full brochure for prize details, calendar issuing and draw information. Only 825,000 calendars are available. Calendar purchasers must be at least 18 years of age. 442 cash prizes, with a total value of $4,155,000 will be awarded. Final sales deadline is December 20, 2010. Early Bird deadline is December 15, 2010. Winners will be posted every weekday* on the Heart&Stroke Calendar Lottery website at www.heartandstroke.ca/calendar. Daily, Weekly and Monthly draws falling on weekend or holidays will be drawn on the next business day. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 3124.

TV picks

The Time Warp takes over Glee

In a week full of Halloween-themed episodes probably none will be as popular as Glee's, a take-off on The Rocky Horror Picture Show. Watch the cast sing Sweet Transvestite and the other classics. (Global) THE CANADIAN PRESS

Defeating the diagnosis

I Can't Do This, but I CAN Do That is a documentary about kids trying to deal with oft-misunderstood and misdiagnosed learning disabilities. It's helmed by Quinn Bradlee, who grew up with velo-cardio-facial syndrome but was able to overcome the physical symptoms and learning disabilities. (HBO Canada) THE CANADIAN PRESS

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Family transforms into Fantastic Four

Michael Chiklis reinvents himself for his new show No Ordinary Family Follows his role on The Shield

Curriculum vitae

1. The Commish- he played the schlubby surburban flatfoot Tony Scali.
2. The Shield- Chiklis won an Emmy and a Golden Globe for his performance as Detective Vic Mackey.

▶Michael Chiklis' character on No Ordinary Family, Jim Powell, struggles with his desire to use his superpowers for the good of society and maintain a normal life at home.

The story has often been told, how Michael Chiklis reinvented himself from the schlubby suburban flatfoot of his early-1990s drama The Commish to a ferocious rogue cop on The Shield.

Chiklis won an Emmy and a Golden Globe for his performance in The Shield. It seemed Detective Vic Mackey was the role of his lifetime.

Hold on.

Returning to series TV two years after The Shield concluded its run with shock and awe, Chiklis has transformed himself again for his new show, No Ordinary Family (which airs on ABC Tuesdays at 8 p.m. ET). For Chiklis, this might be another signature role.

Here, he plays Jim Powell, who, when the series began last month, was a meek family man overwhelmed by the demands of marriage and parenting two teens. He was also frustrated by his dead-end job as a police sketch artist, being sidelined from what he saw as real police work.

In short, Powell was feeling powerless. Then, by a quirk of sci-fi fate, he acquired superstrength.

Meanwhile, Stephanie, his brilliant research-scientist wife (Julie Benz, Dexter), became superfast. Their 16-year-old daughter (Kay Panabaker) could read minds. And their 14-year-old learning-disabled son (Jimmy Bennett) was suddenly a supergenius.

Since then, complications have arisen for the Powells as the family dynamic is rocked to its core. Each member of the family is struggling to grasp an altered sense of themselves. And they must deal with pitfalls as well as opportunities imposed by their amazing new abilities.

"It's a hybrid," says Chiklis. "This is a family drama wrapped in a police procedural wrapped in a superhero show. We have familiar day-to-day problems exacerbated by extraordinary powers. We try to ground the superhero genre in reality."

"I'm a little bit of a superhero geek," says Chiklis, which must have helped him rise to the occasion as craggy-complexioned The Thing in the 2005 feature film Fantastic Four and its sequel two years later.

Of course, as Vic Mackey on The Shield, Chiklis was also an action hero. It seemed he was always in motion, even in rare moments at rest, his mind racing to plot his next move. But that volatile performance was nothing like Jim Powell, who must hone such newfound skills as vaulting from the sidewalk to a towering rooftop (or, for Chiklis, mastering the necessary special-effects stunts).

"It's fun, jumping off a bridge or throwing a car down the street," he says with a laugh. Then, when he gets home from a 16-hour shooting day, he calls for makeshift ice packs to soothe his tired muscles.

That's his typical greeting to his loving wife: "I say to her, 'Michelle! Frozen peas!'"

THE ASSOCIATED PRESS

Divorce might cost Cox $50M

Cox-Arquette's fortune estimated at $100M ◐ Arquette likely to see half of that ◐ Couple separated, but divorce filling expected

GETTY IMAGES

▶ Courteney Cox and David Arquette

If separated couple Courteney Cox and David Arquette decided to go all the way and get a divorce, it could end up costing Cox up to $50 million, according to the National Enquirer.

"David is going to hit Courteney where it hurts the most — her pocketbook," a source says. "I think he will file divorce papers shortly, and that's when things will get ugly. I believe David will go for half of their $100 million fortune." METRO

GETTY IMAGES

▶ Russell Brand and Katy Perry

Brand buys Perry a tigress

While friends and family were likely showering Katy Perry with gifts for her Indian wedding over the weekend, it was new husband Russell Brand, appropriately, who reportedly stole the show.

After the wedding, Brand purchased a tigress that lives in the Ranthambore National Park in northern India, according to One India.

The tigress will remain in India, but Brand will provide for its looking after on behalf of his new wife. METRO

Cowell and fiancée taking a 'break'

Simon Cowell and fiancée Mezhgan Hussainy are reportedly taking a "break" to deal with their rocky relationship, according to the Mail on Sunday, and Cowell's mother thinks that's exactly what they need.

"I think (the engagement) was too quick. This might give them the break they need to think it through," Julie Cowell tells the newspaper.

"At the moment it isn't a good idea for her to be here. She doesn't know many people in London. If you are Simon's girlfriend, let's be honest about this, you are not going to see very much of him. It's very difficult for a girl to accept that." METRO

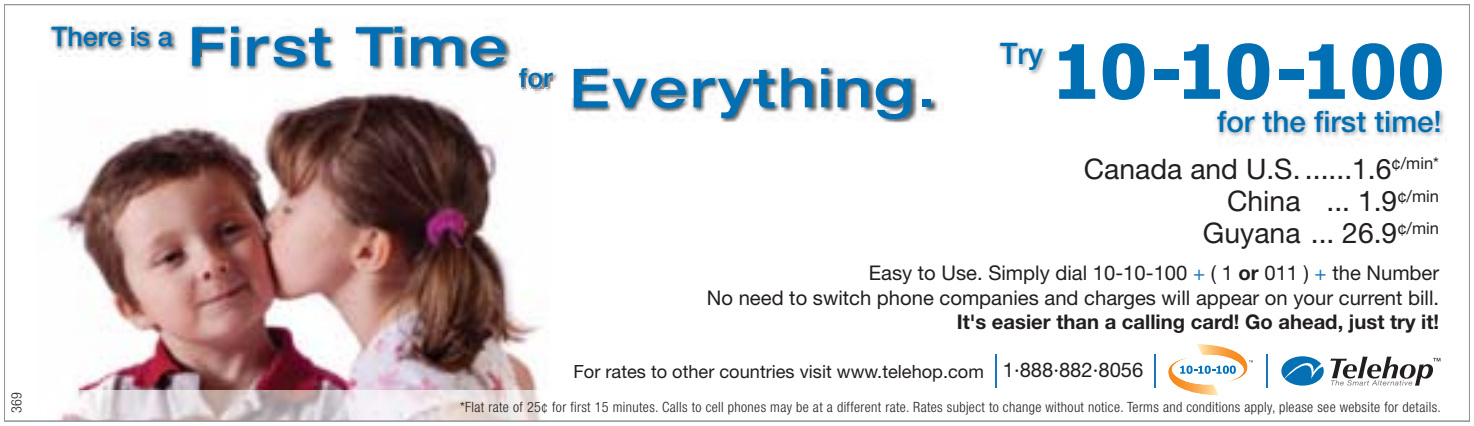
Celebrity tweets

Steve Martin [@SteveMartinToGo] Day off on Monday; hoping to get a 24 flu. Would be so convenient, and give me something to do.

Paris Hilton [@ParisHilton] So excited for Halloween! :)

Russell Crowe [@russellcrowe] I'd like to have a month made of Sundays.

Carrie Fisher [@CarrieFFisher] Thank you guys so much for helping me turn 54. I couldn't have done it alone. I don't look a day over 53. METRO



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CONTRIBUTED

▶ Get intense.

The body bible

- Carlos Leon (yes, father to Lourdes, ex of Madonna ...) and Jeff Bell launch Belleon
- It's a full body workout that's more than a few twists and jumps, it's a body bible.

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Belleon Basics

Belleon is designed as a basic one-hour circuits class followed by a series of exercises that work your entire core.

Leon and Bell take you through a six-week total body conditioning training that sees intensity increase each time.

Every week, more circuits are added as your fitness level, endurance and ability improves whereas extra cardiovascular moves are added in order to keep the heart rate high and enable fat burn. More of an urban boot camp, this is and idea for people with no time and that need to squeeze their workouts into bursts

▶ Carlos Leon (left) and Jeff Bell.

Belleon Body

Bell and Leon want to reintroduce you to your body.

"Once you realize working out makes you feel better, getting to know your body becomes a life-long commitment," says Leon.

Their lean, muscular physique is the living proof their method works for both men and women.

"We chisel people into shape. Their muscles become tighter, leaner, more toned and their heart rate increases facilitating fat burn."

All of this is done without bulking you up.

Working out is the bigger picture to a happier, healthier you, so eat right, stay healthy and keep a clear mind.

Challenges

- Connecting with your body as one unit
- Using your own body weight for squats, lunges, press and push-ups
- Endurance achieved via circuit training C
- Increasing your flexibility in order to increasing your rage of movement.

Belleon nutrition

People that exercise require proper nutrition explains Leon.

"Don't think that because you are training for a marathon, you can afford to eat three plates of pasta with cream cheese. No. If you are working towards a leaner body, you need to allow your muscles to recover. A protein and whole food rich diet that including nuts, fish, tofu, eggs, raw vegetables, healthy fats and a boost of anti oxidants is ideal. Just sat away from simple sugar."

Belleon results

In just six weeks, Belleon gets you in better mental and physical shape.

The benefits? Weight loss, increased work out capacity alongside improved agility, balance and core strength, overall well-being, a sense of calm and lowered stress levels.

As the mind and the body come together, the body eventually surpasses what the mind believes are its limits.

3 life

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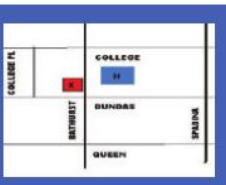

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Wellness in brief

your problem

DIAGNOSING The good news about social anxiety, says Dr. John Walker, who is on the board of the Anxiety Disorders Association of Canada, is that a lot of research has been done in the last 15 years into understanding, diagnosing and treating social anxiety disorder.

A good start is reading about the problem; there are self-help books available. You can go to anxietycanada.ca to learn about the disorder and order books that have been screened by experts.

If necessary, find a good counselor. You can look under psychology in your phone book, or ask your family doctor for a referral. Therapists use cognitive behavioral therapy to treat social anxiety disorder. Though each case is different,

"We've seen dramatic changes in six-eight sessions," says Walker. Medication is also available, but he warns most people don't stay on it, as it causes side effects.

Signs you have social anxiety

- You want to take more education, but you have to choose all your courses based on not giving presentations.
- Someone asks you over and you say no.
- You are invited to a party but don't go.
- It is difficult to form new friendships.
- You have trouble dating.
- You always have to have a few drinks before going out.

CELIA MILNE

Escaping the shell of social anxiety

- When does simple shyness cross into social anxiety?
- Emotional health issues are often reversible

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ When shy is too shy

There's nothing wrong with being shy.

But if your shyness is ruining your life, you may have a disorder called social anxiety. And if so, take heart: it's often reversible.

"Anxiety is a normal experience and some social anxiety is normal," says Dr. John Walker (PhD), a clinical psychologist at the University of Manitoba. "You start to call it a disorder when it is interfering in your life and causing a lot of distress."

When does shyness cross the line into social anxiety?

"It often interferes with relationships, social life and careers," says Walker, who wrote Triumph Over Shyness: Conquering Shyness & Social Anxiety.

Social anxiety is more common than you think. About 7 per cent of people have it.

"It is one of the most common emotional health issues in the community," he says.

There are two ages of peak onset. One is by age three — these are kids who have struggled with shyness their whole life.

The other is after puberty when kids are developing social awareness and interest in romantic partners.

Social anxiety

Four steps to help understand and deal with a social anxiety disorder.

- **Understand your anxiety pattern.** Become aware of the things you do (avoid making presentations, saying no to friends) that are self-defeating.
- **Thoughts** Change how you handle your thoughts in anxiety-provoking situations. Instead of wondering what others think of you, tell yourself to be a good listener.
- **Behaviour** Take small steps toward changing your behavior. Meet someone for lunch, even if it makes you anxious. Decide to be friendly and interested in people.
- **Accept it** Accept anxious feelings as you move toward your goals.

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ADVANCING GENERICS

Early warning for obese kids

- Blood vessel stiffness in obese kids a red flag for future heart disease
- More than 25 per cent of Canadian children aged two to 17 are obese

Obese children appear to have a blood vessel abnormality similar to what doctors see in much older adults with cardiovascular disease, a study has found.

Lead author Dr. Kevin Harris, a cardiology fellow at B.C. Children's Hospital, said tests in a group of obese children showed the aorta — the major artery from the heart — had lost normal elasticity, as if the aging process has been accelerated in the blood vessel.

"We were surprised to find that these obese children already have stiff blood vessels," said Harris. "Aortic stiffness is an early indicator of cardiovascular disease in obese children."

ISTOCK PHOTOS

▶ Childhood obesity has risen dramatically in the last 30 years.

The aorta, the largest artery in the body, carries oxygen-rich blood from the heart to all the other arteries.

"The normal aorta has elastic qualities that buffer the flow of blood. When that elasticity is lost, aortic stiffness results — a sign of developing cardiovascular disease," said Harris, adding that aortic stiffness in adults is associated with heart attacks and stroke that can result in premature death.

He said the childhood obesity rate has risen dramatically over the last 30 years, leading to predictions that life expectancy in Canada is set to decline for the first time in the country's history.

"I think that underscores the magnitude of the problem," Harris said.

To conduct the study, the B.C. researchers assessed the heart and blood vessels of 63 obese children and 55 normal-weight children using echo cardiography, a type of ultrasound. Blood pressure, cholesterol and body mass index also were measured in all the children, who had a mean age of 13.

THE CANADIAN PRESS

The risks

The scope of the problem.

Staggering statistics More than one-quarter of Canadian children aged two to 17 are overweight or obese, putting them at risk for heart disease, high blood pressure and Type 2 diabetes.

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Headache triggers

By nutritional therapist Michele Kingston

Headaches can be hard to deal with and even harder to get rid of. Here are some things that can trigger on the set of headaches.

1 Hormone imbalance Women can be prone to headaches or migraines just before their periods are due. This indicates that a hormonal imbalance is present.

2 Dehydration Lack of water can cause headaches. Ensure you are drinking enough by monitoring the colour of your urine, if you are properly hydrated your urine will be a light yellow. Remember, tea and coffee are diuretics so they will actually dehydrate you.

3 Food allergies Some people have intolerances to certain foods or to chemicals like MSG found in some processed foods. Others have intolerances to aspartame in fizzy drinks and these can bring on headaches or migraines.

4 Low blood sugar A drop in blood sugar can cause a headache or migraine. To avoid this eat every three hours, avoid refined sugary products and always have a quality protein with every meal or snack.

5 Stress/tension Can cause restriction of blood flow to the head resulting in a headache or migraine. Try to relax your shoulders, neck and jaw muscles and find ways to cope with your stress.

For more of Michele's tips go to: thenutrition-professional.co.uk

Thoughts on... Desire

Learn to nurture your desires

ADVICE Whatever you desire in life you can create it, but only if you can put in the necessary work. In other words, there are no free passes, and as the saying goes "no free lunches."

Seek out the information and mentors who can help light your way. Study and learn and demand nothing less than the best from yourself.

When you feel your desire inside of you — tell no one — nurture it privately.

Keep it inside and feed it with your own energy. Your job is to clarify your desires, and once you do, the universe will move people, circumstances and events to bring about your desires.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Try a spooky skull spirit for Halloween

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

The last time I saw Dan Aykroyd he was talking wine. The former Ghostbuster has been the figurehead of his eponymously named series of Ontario wines for several years now and is a passionate advocate of Canadian vino.

Seeing as we're creeping our way to Halloween this week I can't help but think of his side project: Crystal Head Vodka ($44.98 - $75.00).

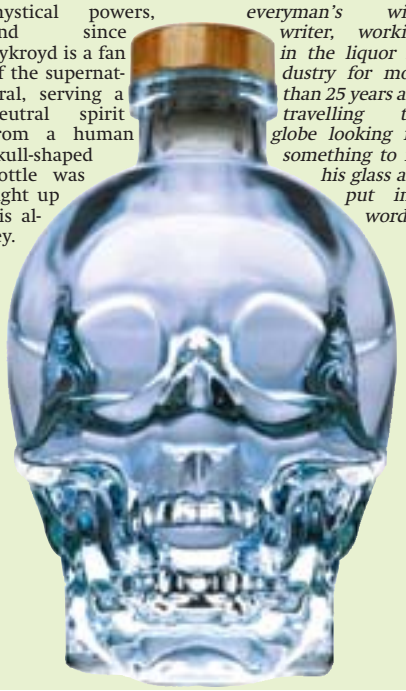
If you've seen Indiana Jones and the Kingdom of the Crystal Skull you'll know from where Aykroyd got his inspiration. The story goes that the original thirteen skulls had some sort of mystical powers, and since Aykroyd is a fan of the supernatural, serving a neutral spirit from a human skull-shaped bottle was right up his alley.

Made in Newfoundland it's quadruple-distilled and triple-filtered through Herkimer diamond crystals. Okay, so I really don't know what diamond filtration does for the vodka (what could it do?), but the bi-product is a smooth, refined spirit with just a hint of anise-like flavour.

I can't think of a better splash of booze to support a Bloody Caesar on this up-coming All Hallow's Eve.

This product is not available everywhere (including the LCBO). But those unlucky ones can place private six-pack orders by contacting Diamond Estates at 416-488-4922.

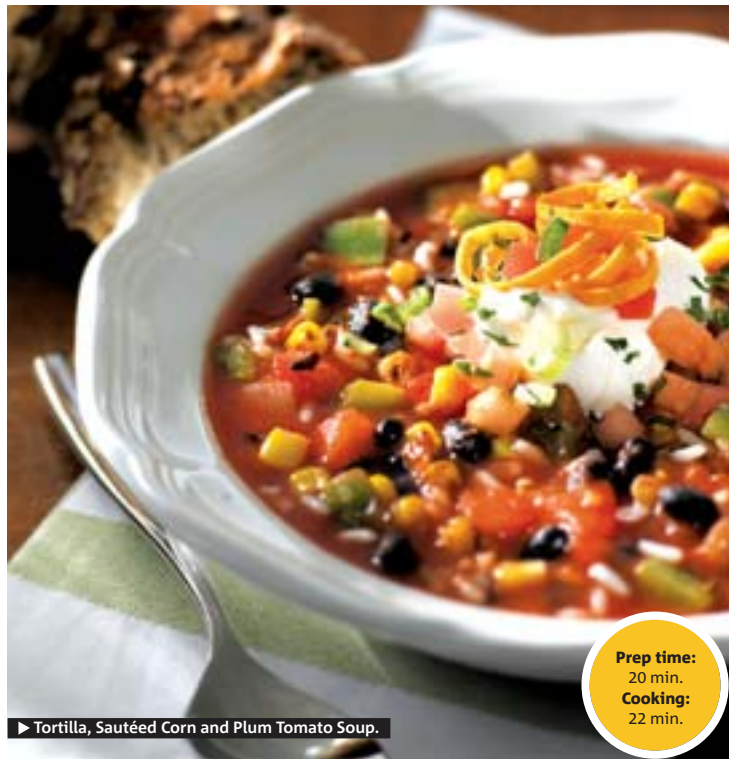
Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



Refreshing, cool and colourful Tex-Mex starter

ROSE REISMAN
LIFE@METRONEWS.CA

The garnishes for this soup make it a real Tex-Mex favorite, as well as a beautiful looking soup. It's a great starter to a main course of fajitas, burritos or quesadillas. I buy flavoured tortillas in bulk and freeze them. To defrost, place the entire package in the microwave oven and heat on High for 30 seconds, or just until you can break away the number you need. Refreeze the remainder. The different colors add interest to any meal.



▶ Tortilla, Sautéed Corn and Plum Tomato Soup.

Prep time: 20 min.
Cooking: 22 min.

Tortilla, Sautéed Corn and Plum Tomato Soup

Ingredients :

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup canned corn kernels, drained
- 4 cups chicken or vegetable stock
- 3/4 cup canned black beans, drained and rinsed
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 1/4 tsp salt and freshly ground black pepper
- 2 1/2 tsp cornstarch
- 1 cup thinly sliced flavoured flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

Preparation:

1. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally, for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.
2. Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.
3. Add the tomatoes, cornstarch (dissolved in 1 Tbsp of water) and salt and pepper.
4. Simmer for 2 minutes until slightly thickened. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh herbs and sour cream. Makes six servings.

Names: Kathryn, 22, and John, 22

Hometown: Dartmouth, N.S.

Together since: 2009

Their story:

CRUSH CONFESSION LED TO LOVE

How We Met: Kathryn & John

"John and I (Kathryn) first met in high school, where we had classes together, but we were both so painfully shy that we never spoke a word to each other!

"I liked John since the moment I saw him, but was never able to work up the courage to talk to him. We even ended up going to the same university.

"In the summer of 2008, we found ourselves together on a pub crawl, and in a drunken stupor the next morning, I confessed to my crush on him. At the time, I was in a dead-end relationship, which ended shortly after

"I confessed my feelings to John. We became good friends and talked daily. Then almost a year after becoming friends, we started dating and have been together ever since!"

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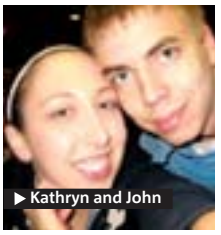

▶ Kathryn and John

COMICS TAKE OVER BASEMENT

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

Q: My husband's comic book collection is taking over the basement and there's no room for our toddler's toys. How do I get him to understand that his childhood has come to an end?

Angela says...

My gut reaction is to let your toddler eat a peanut butter-and-jam sandwich in the basement. But upon sober second thought, I wonder if it really is such problem after all. Isn't it better if the comic books reside in the basement rather than your bedroom, dining room or living room? And does his childhood really need to come to a complete end? If space is an issue, is there a compromise — maybe he can free up one shelf for the kid's growing Olivia book collection?

Derek says...

I'm no psychologist, but I have seen enough episodes of Two and a Half Men to gently suggest that perhaps you resent your husband's ability to balance his super-ego and id. That childlike quality that expresses itself in his love of comics is part of the reason you fell in love with him. Asking him to part with them could rip out a piece of his soul and turn him into a dull, socially awkward individual capable of interacting only with electrical engineers. But if you really need the space, have someone digitally archive the collection and then buy him an iPad to carry the comics wherever he goes.

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How to make your taxes less taxing

Alison's Money Rule: A little tax prep now will pay dividends when filing time rolls around

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Death and taxes. If you wait until next April to think about the latter, the experience can be a whole lot like the former.

A little thought and preparation now can save you time and money in the new year. Here are some proactive tax tips from Cleo Hamel, senior tax analyst for H&R Block Canada.

• **Check your pay stub:** Direct deposit is convenient but errors can affect your tax situation. Look at your monthly deductions. Chloe has seen mistakes ranging from arithmetic errors to taxable benefits not shown and moving expenses paid out incorrectly.

• **Check your interest earning investments:** Some banks don't issue T5 slips for $50 less in interest earned. And some don't provide tax slips for trades so you could be missing tax deductible investment expenses. Use your own records to list interest income and investment expenses.

• **Check the charity:** Before donating money this holiday season contact the Canada Revenue Agency to ensure that charity is properly listed. Hamel notes there have been reversals of charitable contributions by the CRA in the past few years.

• **Check on your health:** If your family has known medical expenses coming up such braces or glasses you could get a bigger tax benefit by loading them all into one year.

• **Check your investments:** Even though the market has risen nicely since the 2008\09 meltdown many still have losses. Selling a losing investment (only those outside RRSPs and RRIFs qualify), provides a capital loss that can be carried back three years or carried forward indefinitely to reduce tax on capital gains.

• **Check the move:** Provincial taxes are based on where you reside as of December 31. Depending on the tax rate it may be worthwhile to speed up or defer your move to a different province.

ISTOCK IMAGES

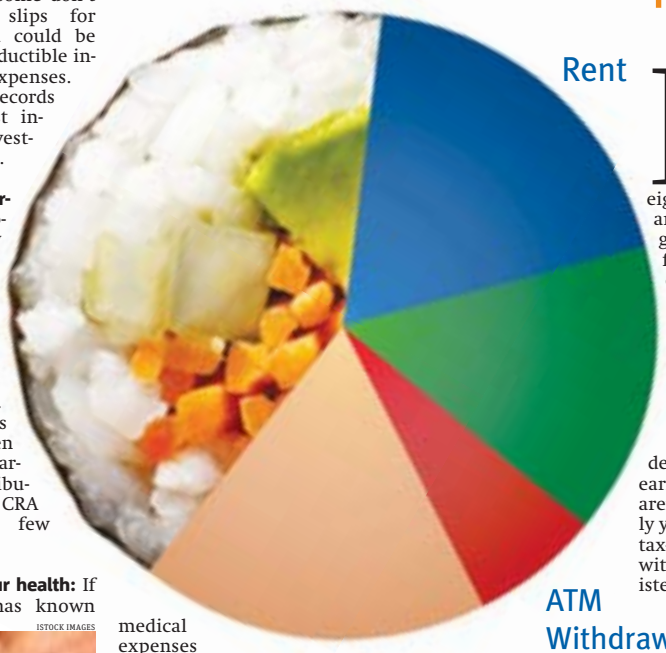
▶ It is possible to make taxes less ... taxing.

Tax tip sheet

- Tax Tip Sites:
- cra.gc.ca Click on Tax Alert for tips and cautions.
- hrbtaxtalk.ca
- Incomes over $100,000 are taxed least (10 per cent) in Alberta.
- Most (17.5 per cent) in Nova Scotia.

ALISON GRIFFITHS

Take-out



Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

TFSA: A GREAT WAY TO SAVE UP

In 2009, the federal government introduced the tax-free savings account, which allows Canadians eighteen years of age and older to save and grow their money tax free. Each year you can contribute $5,000. This amount will be indexed with inflation.

Though your contributions aren't eligible for a tax deduction, your earnings within the plan aren't taxed. So, basically your money grows tax-free, even when it is withdrawn. With a Registered Retirement Savings Plan (RRSP), however, you're fully taxed at your marginal tax rate when funds are withdrawn.

Similar to an RRSP, Registered Pension Plan (RPP), or other non-registered plans, you can put a variety of investments within the TFSA, from GICs to stocks to mutual funds, etc. Your contribution room is also carried forward indefinitely, so if you can't contribute one year, you can make up for it the next year.

When you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned. On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. If you withdraw money, you can re-contribute your funds to the TFSA, one year after withdrawal. This means you, in essence, get your contribution room back.

Whatever your goals, the best way to use a TFSA is to maximize the allowable yearly contribution.

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Business travellers earn their vacations

Make your credit card work for you Look for ways to double your points

Everybody's working for the weekend — or even better, the week-off. If you're a small business owner who travels often, make sure your business travel credit card is working as hard as you are. With the right credit card, the trips that you have to take, can help you accumulate points for the trips you want to take.

According to a recent poll by TD Canada Trust, two-thirds of Canadians can use the travel points they accumulate on business travel for personal use. Here are some tips on how to make the most of your credit card rewards program:

Accumulating points:

Use your business travel credit card for as many business expenses as possible. It may seem simple, but the only way to accumulate points on your card is by using it. By using your card for most business expenses on a trip, you can avoid travelling with a lot of cash and you will earn more points with each trip.

Look for ways to double up. Some travel cards offer ways to accumulate double or triple the rewards. For instance, with a TD Business Travel Visa Card, you earn triple the rewards when you book travel on your credit card through the TD Travel Rewards Centre.

Redeeming points:

You've earned your vacation time and your travel points, so there shouldn't be limitations on how you use them. Research your travel card to make sure it gives you the flexibility to redeem your travel points for any travel, not just hotel accommodations and flights, but even room service, car rentals, airport parking and even taxes. When you get a chance to travel for leisure — it should be on your own terms, not someone else's.

NEWS CANADA

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Make the trips you have to take help cover trips you want to take.

Keep track of expenses while away on business

After all of the travel and the meetings, the last thing you may want to do when you return from a business trip is track your expenses. However, it is important to keep track of business travel expenses in order to account for how and where your money is spent.

"In today's challenging economy, companies are striving to control costs," says Stacie Pearson, associate vice-president at TD Canada Trust Credit Cards. "Your business credit card should provide tools to help track spending. Research what tools your credit card company offers and learn how to use them so that you can streamline your budgeting."

Here are some tips to help track your expenses while you are travelling for business:

• Stay organized: Bring an envelope or folder with you so you can keep all of your receipts together and in one place, rather than trying to track them all down after the fact.

• Consolidate your business spending on one credit card: If you know all of your travel expenditures are on one card, it will be easy to track all of your costs.

• Review your statement: Your credit card statement should provide tools to help you review your spending. For instance, the TD Business Travel Card groups spending into categories such as travel, lodging, food and auto expenses.

"If business takes you on the road a lot, a report that breaks down your spending into categories can allow you to see where you may be able to cut back," says Pearson. "I also recommend that business travellers use a credit card with a points program that rewards you for the money you spend on travel."

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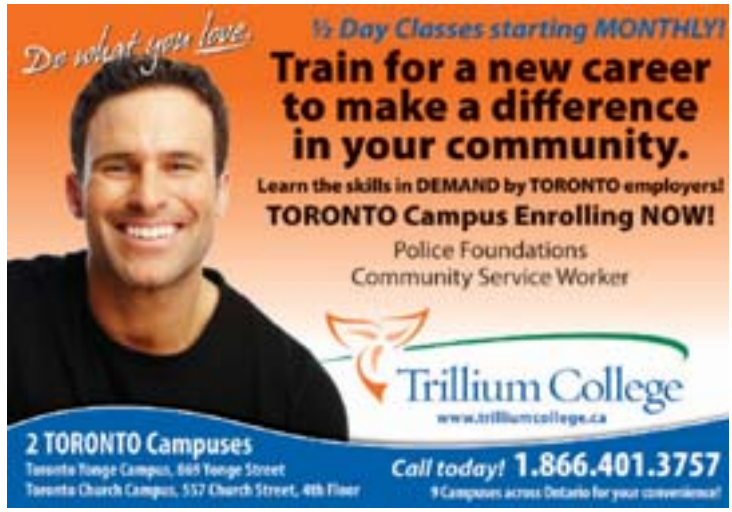

Cram-school dreams

Once unknown town redraws lines of success in India ● Good test results can propel students up social ladder

The teenage boy, with his gentle smile and scraggle of whiskers, stands in the fading light of the day and talks about the college entrance exam that he is certain will change his life.

His name is Vijay Singh. He has been studying since long before dawn, as he has done every day since he arrived in Kota, India, a low-slung city of high-school dreamers on the edge of India's northern deserts.

Three months ago he left home, effectively dropped out of high school and entered a highly competitive Kota cram school. For eight months he will study — every morning, every night, every day of the week — for a six-hour test. If he does well, it will propel him up the Indian social ladder.

His target is the Joint Entrance Examination, a multiple-choice test that teases young Indians with the golden ticket of this country's educational system: acceptance to the impossibly exclusive Indian Institutes of Technology.

Imagine the entire Ivy League distilled into one small network of colleges. Imagine tens of millions of parents dreaming from their children's birth about the joy of acceptance. Imagine if there was no reliable second tier of science-oriented schools. That is the IIT.

Vijay Singh's mother is illiterate. His father, a retired soldier, never finished high school. His older brother is unemployed. In a country obsessed with status and bloodlines, he is from a caste officially termed an "Other Backward Class." Even in the small towns and ragged villages where the family carved out their lives, they didn't amount to much.

After Kota, he says, all that will change.

Every year, more than 450,000 students take the IIT exam, hoping for entry to the hallowed public engineering institutes scattered across India.

Slightly more than 13,000 passed in 2010, a three per cent success rate that makes Harvard, with its seven per cent acceptance, look like a safety school.

And for generations, there was little surprise about who got in.

But over the past two decades, cracks have developed in India's centuries-old social system, forced open by one of the world's strongest economies.

Today, in a country where 300 million people live on less than $1 a day, the economy is growing at nearly nine per cent and the rich shop for Porsches and Louis Vuitton purses. The number of Indian millionaires jumped by 51 per cent last year, reaching more than 127,000.

A few dalits, as India's lowest-caste "untouchables" are now known, have reached corporate boardrooms.

In many ways, India has become a grand contradiction: a rapidly changing country where social mobility is possible, but still hobbled by deeply ingrained class attitudes.

Out of that contradiction has emerged the modern city of Kota and its biggest industry — cram schools.

Today, an estimated 40,000 students arrive here every year from across India to prepare for the IIT test.

They come because getting into IIT means family status and neighbourhood bragging rights. A degree from the institutes, which charge barely $1,000 per year, can mean a lifetime of good-paying jobs, whether in engineering, software development or banking. IIT, perhaps more than anything else in modern India, has become the ultimate sign of success.

To critics, the cram schools are part of an educational system that leaves IIT students ill-prepared for anything more complex than memorization and prodigious work.

But about one-third of those who pass the IIT exam are believed to pass through Kota.

THE ASSOCIATED PRESS

SAURABH DAS/THE ASSOCIATED PRESS

▶ Every year, more than 450,000 students take the Indian Institutes of Technology (IIT) exam, hoping for entry to the hallowed public engineering institutes located across India.

Cram school

Kota has more than 100 of them, from fly-by-night, one-teacher operations to marble-floored six-story institutions. It has become synonymous with IIT entry, drilling students in the brutal system of rote memorization at the core of the country's educational system.

Chasing success

Walk up to nearly any student here, and you'll find a story of pressure and ambition.

"Everybody who comes is here to study," says Singh, whose outward gentleness only partly hides the relentlessness of his ambitions.

He comes from a north Indian region best known for bandits and bad soil. He has no desire to return. "The people who come here are the best and I need to compete against the best."

He knows exactly what he would get from a diploma. "If I have been to IIT," he says, "people will look at me with dignity."

So he came to Kota.

A decade ago, this riverside town was known, if at all, for its vast textile mills and high-quality saris. Here power revolved around a handful of executives and the former royal family.

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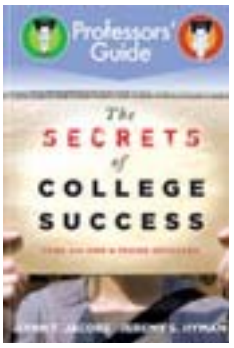
Find the secrets to college success

Book offers helpful advice for post-secondary students

Decades ago, when Jeremy Hyman was a teacher's assistant at UCLA, he was overwhelmed by the sheer numbers of bodies in the lecture hall — 200, sometimes 400, students looking down at the professor.

There was just no time for one-on-one meetings, so he frequently created one-page "tip lists" for the entire class: "10 tips for working on a paper" or "10 tips for visiting the professor."

And about seven years ago — after teaching philosophy at MIT, Princeton and the University of Arkansas — Hyman came across the lists in a dusty manila folder. "What should I do with these," he asked his wife, fellow professor Lynn Jacobs. "Find a publisher," she said. And in 2006 the couple co-authored The Professors' Guide to Getting Good Grades in College.

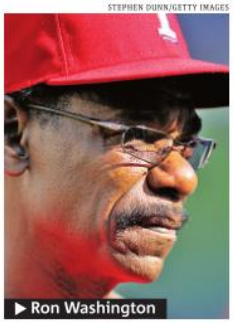


The sequel, The Secrets of College Success, hit bookstores this summer. And Hyman promises a punchier product with quicker bites of advice. "We wanted to bring to this book what we know from teaching every day. Students are more and more on a vastly different attention span than professors," says Hyman. "So we crafted the advice in shorter bursts and tried to directly engage the student."

"We wanted to bring to this book what we know from teaching everyday. Students are more and more on a vastly different attention span than professors."
JEREMY HYMAN

The book is packed full of checklists for almost any academic situation, from meeting with the professor to final exams. "It's important to us that the quality and tone of the advice is not threatening. But that's a real challenge, because it can't be dry or boring either." BRUCE WALSH

STEPHEN DUNN/GETTY IMAGES



▶ Ron Washington

Talk about home-field advantage

Not only have the Texas Rangers never been to the World Series before, they are winless in nine games at AT&T Park. And make that an 11-game losing streak in San Francisco dating back to the windy, cold nights at the Giants' former home of Candlestick Park.

The Rangers must find a way to win in San Francisco's pitcher-friendly waterfront ballpark at least once, because the Giants have home-field advantage in the Series. Game 1 is tomorrow night — and the Giants know Texas manager Ron Washington will have his team ready with post-season ace Cliff Lee on the mound.

"I keep saying the same thing over: It's not the best team that wins, it's the team that plays the best on that day," Washington said after his team reached its first World Series by beating the defending champion New York Yankees. "Well, that was quite a few days that we played better than the teams we played and that's why we are headed to the World Series."

The Giants returned to the Bay Area Sunday following their Game 6 victory Saturday night at Philadelphia that sent the franchise to its first World Series since the Barry Bonds-led 2002 team that finished runner-up to the wild-card Angels.

THE ASSOCIATED PRESS

Blue Jays land 'leader'

Toronto hires John Farrell as new manager Although he has no managing experience, Farrell has been Boston pitching coach since '07

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Blue Jays general manager Alex Anthopoulos, left, poses for a photo yesterday with John Farrell, who succeeds Cito Gaston as Toronto's manager.

The Toronto Blue Jays named John Farrell their new manager yesterday, handing over a young team to a man with a strong and wide-ranging resumé, but one without any previous managerial experience.

The 48-year-old's hiring brings to a close a thorough, exhaustive search that began in August with GM Alex Anthopoulos and his staff combing through all 30 organizations to examine prospective candidates.

They ended up settling on Farrell, the Red Sox's pitching coach since 2007 who was very well thought of in Boston and had been widely viewed as the heir apparent to manager Terry Francona.

Farrell, who becomes the Jays' 12th career manager, said he was impressed with what he heard during his interview.

"Going through this interview process it became very clear the direction that this organization is heading, the resources that are available to support a club that is going to compete and compare with New York and Boston in time," he said during a news conference. "Those were all clear selling points to me."

Anthopoulos said the decision came down to "the person, and your belief in the person."

"John, first and foremost, is a leader and that's the No. 1 one thing we need in that clubhouse," said Anthopoulos. "Factor in his background, his knowledge, his ability to work with players and his ability to put together a staff. There's so much that John brings."

THE CANADIAN PRESS

Coaching staff

▶ A full coaching staff wasn't named, but Farrell confirmed that third base coach Brian Butterfield and pitching coach Bruce Walton will remain in the fold.

4 sports

Sports in brief

1 Minnesota Vikings QB Brett Favre has a fracture in his left ankle that could end the 41-year-old's NFL-record consecutive games streak.

2 The Los Angeles Kings have put star defenceman Drew Doughty on injured reserve while he recovers from an apparent concussion.

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NBA preview

The challengers

Can Miami's new Big Three stop Kobe and the Lakers from defending their crown?
First LeBron and friends will have to get past the Celtics and their aging all-stars

Kobe Bryant had just finished with a Big Three when LeBron James and friends got to work building another.

Dwyane Wade soon announced he was staying in Miami, flanked by Chris Bosh, who said he was coming. The next night, James appeared on his much-publicized, heavily criticized TV special to declare his intentions of heading to South Beach.

Two days, three all-stars. Just like that, the Heat were the clear winners in July.

For now, Bryant and the two-time defending champion Lakers still own June.

"I think until someone beats the Lakers, the Lakers is the team to beat. I don't care how stacked the team is," Hall of Famer Michael Jordan said. "That's the thing about being champions. Until you get knocked off of that hill, you're still the champions."

The new Heat make their debut in the NBA season opener tonight against the Boston Celtics, who brought back their trio of Kevin Garnett, Paul Pierce and Ray Allen, then added even more age when they signed Shaquille O'Neal.

And O'Neal has a message for his former fans in Miami: Older is definitely better.

"Everyone wants to talk about the young team, but in the last 10 years, I think I've been there four times. I haven't seen a young team there yet," O'Neal told reporters after a pre-season game in Hartford, Conn.

"You guys, every time you see young people get together, you automatically give it to them. But studies show, it's documented the last 10 years, no young team has either won it or even been there."

Miami could be the team to change that. James is the two-time reigning MVP, Wade is a former scoring champion who was MVP of the 2006 NBA finals, and former Raptor Bosh is one of the best big men in the league. They were friends who came into the league together as top-five picks in the 2003 draft and teammates on the U.S. Olympic that won gold in 2008.

They went on the market together to head the most hyped free agency class in history, and Miami landed all three of them.

"That's the only reason for coming here, me and C-Bosh and D-Wade, united to win a championship," James said during Miami's media day. "We're going to bring our A game every night and play as hard as we can to try to bring a championship to South Florida."

Bryant won't give it up easily, even as he battles nagging injuries and off-season knee surgery. Asked his reaction to the Heat's coup, the finals MVP provided only a ho-hum, "Wow, how did Pat Riley pull that (expletive) off? Impressive."

Riley did it because his three stars all accepted less than allowed, leaving the Heat with enough money to re-sign Udonis Haslem and ink Mike Miller, equipping them with a top bench, as well.

Los Angeles also got stronger with the signings of Steve Blake and Matt Barnes. Phil Jackson returned to try for a fourth three-peat, which would allow Bryant to tie Jordan with six titles.

There are other contenders. The Celtics were minutes away from an 18th title last season before Los Angeles rallied for an 83-79 victory in Game 7. Orlando has won 59 games each of the last two seasons, and the West is deep in potential threats to the Lakers' reign.

Fresh off winning MVP honours after leading the U.S. to the gold medal at the world championship, Oklahoma City's Kevin Durant was voted by general managers as their pick to win the NBA's MVP award this season.

THE ASSOCIATED PRESS

ETHAN MILLER/KEVIN C. COX/RONALD MARTINEZ/GETTY IMAGES

24
Number of minutes per game the Houston Rockets will limit Yao Ming to as the seven-foot-six centre returns from an injury that cost him all of last season.

Storylines

Battle of the No. 1 picks

ROOKIES. The Rookie of the Year race could come down to the last two No. 1 draft picks: The Clippers' Blake Griffin, who missed last season with an injury, and Washington's lightning-quick point guard, John Wall.

"The guy's really good, probably one of the fastest, most physically gifted players that we'll have in the league," Knicks coach Mike D'Antoni said of Wall. "I hope he never learns to shoot real well, because then he'll be unguardable."

THE ASSOCIATED PRESS

The Carmelo sweepstakes

TRADE? Star forward Carmelo Anthony has been the subject of trade speculation ever since he spurned a three-year, $65-million US extension with the Denver Nuggets in June.

The Nuggets were close to sending Anthony to New Jersey last month. Now, the New York Knicks appear to be the front-runners if they can put together an acceptable package to take Anthony to the Big Apple.

THE ASSOCIATED PRESS

Last shot for the Spurs?

AGING. If the San Antonio Spurs are going to win a fifth championship, Tony Parker says this season is the last chance for this group.

After years of Tim Duncan and the Spurs batting down the predictable are-they-too-old questions every October, is San Antonio really down to its final shot?

"We are probably not the No. 1 favourites," Spurs guard Manu Ginobili said. "But heading into the playoffs we can beat anybody. Nobody's that much better than us." THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

PLAYER	GP	G	A	PTS	+/-	PIM
Getzlaf	9	3	8	11	0	8
Selanne	9	4	4	8	-5	2
Perry	9	3	5	8	2	29
Ryan	9	2	5	7	1	27
Visnovsky	9	1	5	6	-6	6
Koivu	9	2	1	3	-4	8
Fowler	6	1	2	3	-1	2
Lydman	5	2	0	2	2	4
Blake	9	1	1	2	-2	2
Beleskey	9	0	2	2	-5	2
Carter	4	1	0	1	-1	2
Syvret	3	1	0	1	0	0
Marchant	9	0	1	1	-4	4
Bodie	7	0	1	1	-4	2
Lilja	4	0	1	1	-1	2
Mara	9	0	0	0	2	18
Brookbank	9	0	0	0	-5	26
Parros	8	0	0	0	-3	24
Chipchura	8	0	0	0	-2	5
Sexton	7	0	0	0	-4	2
Voros	2	0	0	0	-1	7
Sutton	1	0	0	0	-2	2
Festerling	1	0	0	0	-2	0
Hiller	7	0	0	0	0	0
McElhinney	3	0	0	0	0	0

ATLANTA

PLAYER	GP	G	A	PTS	+/-	PIM
Ladd	8	3	5	8	2	2
Enstrom	8	2	5	7	-5	2
Byfuglien	8	2	4	6	-5	21
Kane	8	5	0	5	-2	6
Stewart	8	4	1	5	-5	0
Thorburn	8	3	1	4	4	13
Peverley	8	0	4	4	-1	6
Little	8	0	3	3	0	2
Oduya	8	0	3	3	-2	2
Bergfors	5	0	3	3	1	2
Eager	8	1	1	2	1	29
Modin	7	1	0	1	-7	0
Slater	5	1	0	1	-3	4
Sopel	8	0	1	1	2	4
Antropov	7	0	1	1	-3	4
Hainsey	8	0	0	0	-2	2
Burmistrov	8	0	0	0	0	6
Dawes	6	0	0	0	-6	0
Meyer	5	0	0	0	-2	4
Bogosian	3	0	0	0	-1	2
Boulton	2	0	0	0	0	2
Mason	8	0	0	0	0	2
Pavelec	1	0	0	0	0	0
Mannino	1	0	0	0	0	0

BOSTON

PLAYER	GP	G	A	PTS	+/-	PIM
Horton	6	5	4	9	3	0
Krejci	6	1	6	7	3	0
Lucic	6	3	3	6	4	16
Ryder	6	2	2	4	-3	0
Recchi	6	0	4	4	0	0
Chara	6	2	1	3	0	4
Seguin	6	1	2	3	-2	0
Boychuk	6	0	3	3	3	0
Caron	5	2	0	2	2	2
Hunwick	6	1	1	2	2	2
Wheeler	6	0	2	2	0	4
Bergeron	6	0	2	2	1	4
Seidenberg	6	0	2	2	3	2
Thornton	6	1	0	1	-1	2
Marchand	6	0	1	1	0	4
Campbell	6	0	1	1	1	24
Stuart	6	0	0	0	1	7
Ference	6	0	0	0	1	2
Paille	1	0	0	0	-1	0
Thomas	4	0	1	1	0	0
Rask	2	0	0	0	0	0

BUFFALO

PLAYER	GP	G	A	PTS	+/-	PIM
Roy	9	5	4	9	4	6
Stafford	9	3	4	7	5	6
Ennis	9	2	5	7	4	2
Vanek	9	3	2	5	-2	2
Connolly	9	3	2	5	-1	2
Leopold	9	2	3	5	1	6
Gaustad	9	1	3	4	2	20
Montador	9	0	4	4	9	10
Myers	9	2	1	3	-8	4
Kaleta	9	1	2	3	0	6
Hecht	9	0	3	3	0	4
Butler	5	0	3	3	0	4
McCormick	8	2	0	2	2	12
Grier	9	0	2	2	-3	2
Niedermayer	9	0	2	2	-3	2
Sekera	9	0	1	1	0	2
Rivet	8	0	1	1	1	2
Gerbe	7	0	1	1	1	0
Morrisonn	4	0	1	1	-3	2
Pominville	3	0	0	0	-3	0
Weber	1	0	0	0	0	0
Miller	8	0	0	0	0	0
Lalime	1	0	0	0	0	0

CALGARY

PLAYER	GP	G	A	PTS	+/-	PIM
Bourque	6	6	1	7	2	4
Morrison	8	1	6	7	2	4
Tanguay	8	3	3	6	2	0
Iginla	8	2	4	6	1	5
Stajan	6	0	6	6	3	2
Hagman	8	3	1	4	0	6
Backlund	8	2	1	3	2	4
White	8	1	2	3	0	6
Glencross	8	1	2	3	2	6
Regehr	8	0	3	3	5	2
Jokinen	8	0	3	3	1	4
Conroy	7	2	0	2	0	2
Sarich	5	0	2	2	4	0
Giordano	8	0	1	1	4	4
Meyer	8	0	1	1	-1	7
Bouwmeester	8	0	1	1	2	8
Jackman	8	0	1	1	-3	16
Mikkelson	7	0	1	1	-2	7
Sutter	4	0	1	1	-1	5
Staios	4	0	0	0	-3	4
Brodie	3	0	0	0	-3	2
Pardy	2	0	0	0	0	4
Ivanans	1	0	0	0	-1	5
Kiprusoff	7	0	0	0	0	0
Karlsson	1	0	0	0	0	0

CAROLINA

PLAYER	GP	G	A	PTS	+/-	PIM
Staal	7	3	3	6	0	8
Jokinen	7	2	4	6	-3	4
Pitkanen	7	1	4	5	3	4
Babchuk	7	2	2	4	3	8
LaRose	7	2	2	4	-1	8
Skinner	7	1	3	4	1	2
Cole	7	1	3	4	6	2
Sutter	7	2	1	3	2	0
Dwyer	7	2	1	3	0	0
Corvo	7	0	3	3	-3	2
Samsonov	3	2	0	2	1	0
Ruutu	7	1	1	2	-2	6
McBain	7	0	2	2	1	6
Gleason	7	0	2	2	-1	2
O'Sullivan	5	1	0	1	-1	2
Kostopoulos	7	0	1	1	-2	9
Dalpe	6	0	1	1	0	0
Bowman	7	0	0	0	1	6
Harrison	7	0	0	0	1	9
Ward	6	0	0	0	0	0
Peters	1	0	0	0	0	0

CHICAGO

PLAYER	GP	G	A	PTS	+/-	PIM
Sharp	9	8	3	11	-4	0
Hossa	10	7	4	11	4	8
Kopecky	9	1	7	8	3	14
Toews	10	2	5	7	2	4
Kane	9	2	5	7	-7	0
Brouwer	10	0	6	6	0	7
Bickell	10	2	3	5	-1	5
Seabrook	10	2	3	5	2	6
Keith	10	0	3	3	-3	4
Stalberg	9	2	0	2	-1	4
Bolland	10	1	1	2	0	6
Dowell	10	0	2	2	-1	12
Boynton	9	0	2	2	0	6
Skille	9	0	2	2	-1	6
Cullimore	6	0	2	2	1	0
Leddy	6	1	0	1	-1	0
Scott	10	0	0	0	1	11
Pisani	10	0	0	0	-3	0
Hjalmarsson	8	0	0	0	-6	17
Hendry	4	0	0	0	0	0
Brophey	1	0	0	0	0	0
Pirri	1	0	0	0	-1	0
Turco	7	0	0	0	0	2
Crawford	3	0	0	0	0	0

COLORADO

PLAYER	GP	G	A	PTS	+/-	PIM
Stewart	8	5	5	10	-3	21
Liles	8	0	10	10	5	5
Stastny	8	4	5	9	-2	10
Hejduk	8	4	3	7	-8	4
Duchene	8	1	6	7	-2	12
Jones	7	2	2	4	2	0
Galiardi	8	2	1	3	0	6
Cumiskey	8	1	2	3	-3	8
Winnik	8	2	0	2	0	4
O'Reilly	8	1	1	2	2	0
Yip	6	1	1	2	0	4
Foote	6	0	2	2	0	7
Oliver	4	0	2	2	1	2
McLeod	8	1	0	1	-2	0
Quincey	8	0	0	0	-3	8
Hannan	8	0	0	0	-6	0
Wilson	8	0	0	0	4	2
Dupuis	6	0	0	0	0	0
Porter	6	0	0	0	0	2
Holos	4	0	0	0	-1	0
Gulik	1	0	0	0	0	0
Anderson	7	0	0	0	0	2
Budaj	1	0	0	0	0	0

COLUMBUS

PLAYER	GP	G	A	PTS	+/-	PIM
Umberger	7	4	1	5	4	2
Huselius	7	3	2	5	-2	4
Vermette	7	1	3	4	-4	4
Methot	7	0	4	4	4	0
Nash	7	3	0	3	-4	6
Dorsett	7	2	1	3	1	14
MacKenzie	7	2	1	3	2	2
Clark	5	0	3	3	3	2
Brassard	7	1	1	2	1	2
Moreau	5	1	1	2	1	8
Voracek	7	0	2	2	-1	2
Filatov	7	0	2	2	-2	4
Tyutin	7	0	2	2	-3	4
Klesla	7	0	2	2	5	2
Stralman	5	0	2	2	-3	4
Hejda	7	1	0	1	0	4
Pahlsson	7	0	1	1	0	6
Russell	3	0	1	1	1	2
Guenin	3	0	0	0	-3	2
Wilson	2	0	0	0	-2	4
Commodore	2	0	0	0	-1	9
Holden	2	0	0	0	1	0
Boll	1	0	0	0	-1	5
Mason	6	0	0	0	0	0
Garon	1	0	0	0	0	0

DALLAS

PLAYER	GP	G	A	PTS	+/-	PIM
Richards	7	2	8	10	9	4
Neal	7	4	4	8	8	8
Ribeiro	7	0	7	7	4	0
Morrow	7	5	1	6	6	0
Eriksson	7	4	2	6	9	0
Benn	4	1	3	4	1	0
Robidas	7	1	2	3	9	6
Daley	7	0	3	3	1	0
Wandell	7	2	0	2	2	2
Ott	7	1	1	2	1	10
Grossman	7	0	2	2	4	10
Petersen	7	1	0	1	0	2
Burish	7	1	0	1	3	17
Niskanen	7	0	1	1	-5	6
Skrastins	7	0	1	1	7	4
Fistric	5	0	1	1	-1	6
Segal	6	0	0	0	0	2
Barch	5	0	0	0	-1	2
Sutherby	5	0	0	0	-3	0
Woywitka	2	0	0	0	0	0
Gagnon	1	0	0	0	0	0
Lehtonen	7	0	0	0	0	0

DETROIT

PLAYER	GP	G	A	PTS	+/-	PIM
Zetterberg	7	3	7	10	6	4
Bertuzzi	7	2	7	9	5	2
Lidstrom	7	1	7	8	4	0
Datsyuk	7	4	3	7	4	5
Franzen	6	5	1	6	4	2
Filppula	7	2	4	6	4	2
Stuart	7	0	4	4	4	11
Holmstrom	7	1	2	3	1	14
Kronwall	7	2	0	2	-1	2
Cleary	7	1	1	2	-4	2
Eaves	7	1	1	2	0	2
Hudler	7	0	2	2	-6	4
Rafalski	2	0	2	2	5	2
Modano	7	1	0	1	-6	2
Helm	7	0	1	1	-1	2
Miller	7	0	0	0	-2	0
Salei	7	0	0	0	-2	12
Kindl	6	0	0	0	-5	6
Janik	5	0	0	0	-1	5
Ericsson	1	0	0	0	0	0
Howard	5	0	0	0	0	0
Osgood	2	0	0	0	0	0

EDMONTON

PLAYER	GP	G	A	PTS	+/-	PIM
Whitney	6	0	6	6	0	0
Horcoff	6	3	2	5	-1	2
Hemsky	6	3	1	4	2	0
Eberle	6	2	2	4	0	2
Gagner	6	0	4	4	2	2
Penner	6	3	0	3	0	16
Gilbert	6	1	1	2	0	8
Paajarvi	6	1	1	2	-1	4
Jones	6	1	1	2	-1	7
Vandermeer	6	0	2	2	0	4
Brule	6	1	0	1	-2	8
Smid	6	0	1	1	0	4
Hall	6	0	1	1	-3	4
Fraser	6	0	1	1	-1	9
Foster	6	0	1	1	-3	8
Peckham	5	0	1	1	1	5
Cogliano	6	0	0	0	-2	0
Stortini	4	0	0	0	-2	5
MacIntyre	2	0	0	0	0	5
Strudwick	1	0	0	0	-2	0
Khabibulin	6	0	0	0	0	0

FLORIDA

PLAYER	GP	G	A	PTS	+/-	PIM
Booth	6	3	3	6	1	4
Olesz	6	2	3	5	4	0
Reasoner	6	2	3	5	3	0
McCabe	6	0	5	5	5	4
Dvorak	6	3	1	4	2	0
Bernier	6	1	3	4	1	0
Stillman	6	1	2	3	5	6
Wideman	6	1	2	3	3	5
Weaver	6	1	1	2	0	0
Weiss	6	1	1	2	-1	4
Matthias	5	1	1	2	1	0
Frolik	6	0	2	2	-1	2
Santorelli	6	0	2	2	3	0
Ellerby	2	0	2	2	1	2
Reinprecht	3	1	0	1	0	2
Higgins	6	0	0	0	0	2
Allen	6	0	0	0	4	2
Kulikov	6	0	0	0	0	0
Garrison	4	0	0	0	-1	0
Hordichuk	3	0	0	0	0	0
McArdle	1	0	0	0	0	0
Vokoun	6	0	0	0	0	0
Clemmensen	1	0	0	0	0	0

LOS ANGELES

PLAYER	GP	G	A	PTS	+/-	PIM
Brown	7	4	2	6	4	10
Smyth	7	3	3	6	1	6
Kopitar	7	2	4	6	3	2
Williams	7	2	4	6	2	5
Stoll	7	2	3	5	2	4
Richardson	7	3	1	4	1	4
Simmonds	7	2	2	4	1	20
Handzus	7	1	3	4	-2	4
Ponikarovsky	7	1	2	3	0	6
Mitchell	7	0	3	3	5	0
Loktionov	5	1	1	2	1	2
Johnson	7	0	2	2	2	8
Schenn	6	0	2	2	1	0
Drewiske	7	0	1	1	1	2
Muzzin	6	0	1	1	0	0
Doughty	5	0	1	1	2	2
Scuderi	7	0	0	0	0	2
Westgarth	6	0	0	0	-1	4
Clifford	3	0	0	0	-1	0
Harrold	2	0	0	0	0	0
Greene	1	0	0	0	2	0
Lewis	1	0	0	0	-1	0
Quick	5	0	0	0	0	0
Bernier	2	0	0	0	0	0

MINNESOTA

PLAYER	GP	G	A	PTS	+/-	PIM
Cullen	7	3	6	9	-2	8
Koivu	7	2	6	8	4	6
Latendresse	7	3	3	6	2	6
Miettinen	7	2	4	6	2	4
Havlat	7	0	6	6	0	2
Burns	7	3	2	5	-1	6
Brunette	7	2	2	4	-1	4
Zidlicky	5	1	3	4	-2	4
Brodziak	7	2	1	3	0	4
Barker	6	0	3	3	-2	6
Clutterbuck	7	2	0	2	-1	8
Madden	7	1	0	1	-4	0
Falk	7	0	1	1	1	0
Schultz	7	0	1	1	-2	8
Staubitz	6	0	1	1	0	14
Nystrom	7	0	0	0	-5	9
Kobasew	7	0	0	0	-7	6
Zanon	7	0	0	0	-1	10
Stoner	3	0	0	0	-1	7
Wellman	1	0	0	0	0	0
Backstrom	6	0	0	0	0	0
Theodore	1	0	0	0	0	0

MONTREAL

PLAYER	GP	G	A	PTS	+/-	PIM
Kostitsyn	7	4	2	6	3	2
Plekanec	7	2	4	6	1	4
Cammalleri	6	2	2	4	6	4
Gorges	7	1	3	4	-2	2
Halpern	7	2	1	3	2	5
Pouliot	7	1	2	3	0	2
Gomez	7	1	2	3	0	4
Subban	7	0	3	3	4	6
Gionta	7	1	1	2	0	4
Lapierre	7	1	1	2	1	14
Spacek	7	0	2	2	1	0
Boyd	6	1	0	1	-2	0
Picard	6	1	0	1	4	0
Moen	7	0	1	1	1	11
Hamrlik	5	0	1	1	0	4
Gill	7	0	0	0	-4	2
Eller	7	0	0	0	-2	4
Pyatt	6	0	0	0	-2	2
O'Byrne	3	0	0	0	0	4
Darche	3	0	0	0	0	4
Price	7	0	0	0	0	0

NASHVILLE

PLAYER	GP	G	A	PTS	+/-	PIM
Sullivan	8	4	2	6	1	6
O'Reilly	8	1	5	6	1	0
Wilson	8	2	3	5	5	0
Legwand	8	2	3	5	-1	4
Dumont	8	1	4	5	5	2
Weber	8	1	4	5	1	6
Hornqvist	8	3	1	4	0	2
Franson	8	2	2	4	4	4
Tootoo	8	1	3	4	2	4
Goc	4	2	1	3	4	0
Ward	8	1	2	3	-1	6
Suter	5	0	3	3	3	4
Erat	5	0	3	3	0	8
Bouillon	8	0	2	2	1	7
Kostitsyn	5	1	0	1	-1	2
Klein	8	0	1	1	-2	9
Smithson	8	0	1	1	-1	2
Spaling	4	0	1	1	1	2
O'Brien	8	0	0	0	-1	7
Sulzer	3	0	0	0	2	0
Belak	3	0	0	0	-1	0
Lombardi	2	0	0	0	-1	0
Laakso	1	0	0	0	0	0
Lindback	5	0	0	0	0	0
Rinne	4	0	0	0	0	2

NEW JERSEY

PLAYER	GP	G	A	PTS	+/-	PIM
Kovalchuk	8	3	3	6	-3	9
Zubrus	9	1	5	6	-5	12
Arnott	9	3	2	5	-8	2
Parise	9	3	1	4	0	6
Taormina	9	2	2	4	-1	0
Zajac	9	1	3	4	2	2
Elias	9	1	3	4	-8	2
Langenbrunner	9	0	4	4	-6	6
Greene	9	0	3	3	-6	2
Corrente	5	0	2	2	-1	2
Tallinder	9	1	0	1	-6	4
White	9	0	0	0	1	8
Clarkson	9	0	0	0	-8	23
Pelley	9	0	0	0	-1	12
Urbom	6	0	0	0	-3	0
Mair	6	0	0	0	0	2
Sestito	5	0	0	0	-1	0
Josefson	5	0	0	0	-1	2
Fraser	4	0	0	0	0	9
Magnan-Grenier	3	0	0	0	-1	2
Volchenkov	2	0	0	0	1	0
Letourneau-Leblond	2	0	0	0	-2	21
Rolston	2	0	0	0	-1	0
Vasyunov	1	0	0	0	0	0
Brodeur	9	0	0	0	0	0
Hedberg	2	0	0	0	0	0

N.Y. ISLANDERS

PLAYER	GP	G	A	PTS	+/-	PIM
Parenteau	8	2	7	9	-1	4
Wisniewski	6	1	7	8	-2	6
Tavares	5	5	2	7	-2	2
Moulson	8	4	3	7	-3	0
Comeau	8	3	4	7	2	8
Bailey	6	3	3	6	2	4
Weight	8	1	5	6	2	6
Nielsen	8	1	4	5	3	0
Jurcina	8	2	1	3	2	4
Grabner	7	2	1	3	1	0
Mottau	8	0	3	3	-3	2
Niederreiter	8	1	1	2	-1	8
Martinek	8	1	1	2	1	0
Sim	8	0	1	1	-4	6
Hunter	6	0	1	1	-1	6
Gillies	8	0	0	0	0	12
Eaton	8	0	0	0	0	4
Konopka	8	0	0	0	-2	21
MacDonald	7	0	0	0	1	6
Hillen	3	0	0	0	-1	0
DiPietro	5	0	0	0	0	0
Roloson	3	0	0	0	0	0

N.Y. RANGERS

PLAYER	GP	G	A	PTS	+/-	PIM
Dubinsky	7	4	3	7	0	4
Rozsival	7	2	4	6	-1	8
Callahan	7	1	5	6	1	2
Stepan	7	3	2	5	3	2
Anisimov	7	3	2	5	-1	0
Avery	7	0	5	5	3	25
Frolov	7	2	2	4	1	2
Staal	7	1	2	3	3	10
Fedotenko	7	1	2	3	2	2
Girardi	7	1	2	3	5	2
Zotto	7	1	2	3	4	6
Boyle	7	2	0	2	2	0
Christensen	6	1	1	2	0	4
Gaborik	3	0	2	2	1	2
Boogaard	7	0	1	1	1	12
Eminger	5	0	1	1	-2	8
Sauer	4	0	1	1	3	0
Prust	7	0	0	0	-1	23
Gilroy	5	0	0	0	0	0
White	3	0	0	0	0	2
Drury	1	0	0	0	-1	2
Williams	1	0	0	0	0	0
Lundqvist	6	0	0	0	0	0
Biron	1	0	0	0	0	0

OTTAWA

PLAYER	GP	G	A	PTS	+/-	PIM
Alfredsson	8	4	4	8	0	2
Spezza	5	1	4	5	1	4
Gonchar	8	0	4	4	-5	4
Michalek	8	3	0	3	-2	6
Fisher	8	2	1	3	-2	11
Shannon	7	2	1	3	0	0
Karlsson	8	1	2	3	-4	4
Ruutu	8	1	2	3	-1	17
Foligno	8	0	2	2	-1	2
Neil	8	0	2	2	0	38
Kelly	8	1	0	1	-

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Tampa Bay	8	5	2	1	0	27	27	11	2-1-1-0	3-1-0-0	5-2-1-0	L1
d-Montreal	8	5	2	1	0	20	18	11	2-1-1-0	3-1-0-0	5-2-1-0	W2
d-Pittsburgh	9	5	3	1	0	27	20	11	2-3-0-0	3-0-1-0	5-3-1-0	L1
Washington	8	5	3	0	0	23	21	10	4-1-0-0	1-2-0-0	5-3-0-0	W1
NY Islanders	8	4	2	1	1	26	23	10	2-0-0-1	2-2-1-0	4-2-1-1	L1
NY Rangers	7	4	2	1	0	22	20	9	1-1-1-0	3-1-0-0	4-2-1-0	W3
Toronto	7	4	2	1	0	20	18	9	2-1-1-0	2-1-0-0	4-2-1-0	L3
Boston	6	4	2	0	0	18	11	8	1-2-0-0	3-0-0-0	4-2-0-0	L1
Carolina	7	4	3	0	0	21	21	8	1-0-0-0	3-3-0-0	4-3-0-0	W1
Atlanta	8	3	4	1	0	23	29	7	1-2-0-0	2-2-1-0	3-4-1-0	L3
Philadelphia	8	3	4	1	0	19	21	7	2-3-0-0	1-1-1-0	3-4-1-0	L1
Buffalo	9	3	5	1	0	24	24	7	0-4-1-0	2-2-0-0	3-5-1-0	W1
Florida	6	3	3	0	0	17	12	6	2-1-0-0	1-2-0-0	3-3-0-0	W1
Ottawa	8	2	5	1	0	16	26	5	1-2-0-0	1-3-1-0	2-5-1-0	L1
New Jersey	9	2	6	1	0	15	30	5	0-4-1-0	2-2-0-0	2-6-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Nashville	8	5	0	3	0	21	17	13	2-0-3-0	3-0-0-0	5-0-3-0	W2
d-Los Angeles	8	6	2	0	0	25	19	12	3-0-0-0	3-2-0-0	6-2-0-0	W2
d-Calgary	8	5	3	0	0	21	17	10	3-1-0-0	2-2-0-0	5-3-0-0	W2
Detroit	7	5	1	0	1	23	18	11	3-0-0-1	2-1-0-0	5-1-0-1	W4
Chicago	10	5	4	1	0	29	28	11	3-3-0-0	2-1-1-0	5-4-1-0	L2
Dallas	7	5	2	0	0	24	17	10	2-1-0-0	3-1-0-0	5-2-0-0	L1
St. Louis	7	4	1	1	1	19	14	10	4-0-0-0	0-1-1-1	4-1-1-1	W2
Columbus	8	5	3	0	0	20	22	10	3-2-0-0	2-1-0-0	5-3-0-0	W2
Colorado	8	4	4	0	0	25	29	8	1-2-0-0	3-2-0-0	4-4-0-0	L2
Minnesota	8	3	3	0	2	23	23	8	2-2-0-1	1-1-0-1	3-3-0-1	L2
Vancouver	8	3	3	0	2	20	21	8	3-0-0-1	0-3-0-1	3-3-0-2	W1
San Jose	7	3	3	1	0	19	21	7	1-2-0-0	2-1-1-0	3-3-1-0	L1
Phoenix	7	2	2	3	0	17	19	7	1-1-2-0	1-1-1-0	2-2-3-0	L2
Anaheim	9	3	5	0	1	21	33	7	2-0-0-1	1-5-0-0	3-5-0-1	L1
Edmonton	6	2	4	0	0	15	21	4	2-2-0-0	0-2-0-0	2-4-0-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Columbus 2 Philadelphia 1
Montreal 3 Phoenix 2 (OT)
Los Angeles 3 Minnesota 2 (SO)
Sunday's results
Calgary 4 San Jose 0
Nashville 4 Tampa Bay 3
N.Y. Rangers 3 New Jersey 1
Tonight's games
(All times Eastern)
Florida at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Phoenix at Ottawa, 7:30 p.m.
Edmonton at Calgary, 9 p.m.
Anaheim at Dallas, 9 p.m.
Colorado at Vancouver, 10 p.m.
Tomorrow's games
Atlanta at N.Y. Rangers, 7 p.m.
Washington at Carolina, 7 p.m.
N.Y. Islanders at Montreal, 7:30 p.m.
Pittsburgh at Tampa Bay, 7:30 p.m.
Los Angeles at Chicago, 8:30 p.m.
New Jersey at San Jose, 10:30 p.m.

CANADIENS 3, COYOTES 2 (OT)

First Period
No Scoring.
Penalties — Spacek Mtl (holding stick) 2:57, Whitney Pho (interference) 3:32, Fiddler Pho (holding) 4:31, Ekman-Larsson Pho (high-sticking) 7:38, Gorges Mtl (hooking) 16:15.
Second Period
1. Phoenix, Turris 3 (Wolski) 2:49
2. Montreal, Plekanec 3 (Kostitsyn, Cammalleri) 7:14
3. Montreal, Cammalleri 3 (Hamrlik, Subban) 9:23 (pp)
Penalties — Morris Pho (cross-checking) 8:09, Spacek Mtl (hooking) 10:23, Whitney Pho (holding) 11:18, Moen Mtl (boarding) 19:53.
Third Period
4. Phoenix, Morris 1 1:01 (pp)
Penalty — Gorges Mtl (interference) 5:57.
Overtime
5. Montreal, Kostitsyn 5 (Eller, Gorges) 1:25
Penalties — None.
Shots on goal by

Phoenix	11	7	11	0—29
Montreal	10	8	10	1—29

Goal — Phoenix: Bryzgalov (L,2-1-2). Montreal: Price (W,5-2-1). **Power plays (goals-chances)** — Phoenix: 1-5. Montreal: 1-5.
Referees — Rob Martell, Dennis LaRue. **Linesmen** — Michel Cormier, Brad Kovachik.
Att. — 21,273 at Montreal.

LATE SUNDAY

FLAMES 4, SHARKS 0

First Period
1. Calgary, Bourque 5 (Hagman, Morrison) 4:12 (pp)
2. Calgary, Iginla 2 (Tanguay, White) 6:01
3. Calgary, Conroy 2 (Meyer, Jackman) 8:36
4. Calgary, Bourque 6 (Tanguay, Stajan) 11:47
Penalties — Pavelski SJ (tripping) 3:31, Clowe SJ, Jackman Cal (fighting) 8:36, Mitchell SJ (hooking) 13:00.
Second Period
No Scoring.
Penalties — Niittymaki SJ (delay of game; served by Mayers) 2:36, Heatley SJ (slashing) 8:53, Jokinen Cal (interference) 13:15, Wallin SJ (delay of game) 17:09, Glencross Cal (hooking) 19:43.
Third Period — No Scoring.
Penalties — Heatley SJ (tripping) 4:50.
Shots on goal by

San Jose	6	12	9	27
Calgary	14	10	6	30

Goal (shots-saves) — San Jose: Niemi (L,1-3-0)(5-2), Niittymaki (8:36 first, 25-24); Calgary: Kiprusoff (W,4-3-0). **Power plays (goals-chances)** — San Jose: 0-2; Calgary: 1-6.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Stamkos, TB	8	7	15
Sharp, Chi	8	3	11
Hossa, Chi	7	4	11
D.Sedin, Vcr	7	4	11
Crosby, Pgh	6	5	11
Getzlaf, Ana	3	8	11
C.Stewart, Col	5	5	10
Zetterberg, Det	3	7	10
B.Richards, Dal	2	8	10
Liles, Col	0	10	10
H.Sedin, Vcr	0	10	10
Horton, Bos	5	4	9
Roy, Buf	5	4	9
P.Stastny, Col	4	5	9
Cullen, Minn	3	6	9
St. Louis, TB	3	6	9
Bertuzzi, Det	2	7	9
M.Koivu, Minn	2	7	9
Kessel, Tor	6	2	8
MacArthur, Tor	6	2	8
Kostitsyn, Mtl	5	3	8
Semin, Wash	5	3	8
Alfredsson, Ott	4	4	8
Neal, Dal	4	4	8
Ovechkin, Wash	4	4	8
Selanne, Ana	4	4	8
Kopitar, LA	3	5	8
Ladd, Atl	3	5	8
Malkin, Pgh	3	5	8
Perry, Ana	3	5	8
Letang, Pgh	2	6	8

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
NEW YORK YANKEES — Fired pitching coach Dave Eiland.
TORONTO BLUE JAYS — Named John Farrell manager.

NATIONAL LEAGUE
ST. LOUIS CARDINALS — Agreed to terms with pitching coach Dave Duncan on a two-year contract and hitting coach Mark McGwire, first-base coach Dave McKay, third-base coach Jose Oquendo and bench coach Joe Pettini on one-year contracts.

BASKETBALL

NBA

CHICAGO BULLS — Exercised their fourth-year contract option on G Derrick Rose and third-year contract options on F Taj Gibson and F James Johnson.
MIAMI HEAT — Waived F Da'Sean Butler and G Patrick Beverley.
MILWAUKEE BUCKS — Exercised their third-year contract option on G Brandon Jennings. Waived F Brian Skinner.

FOOTBALL

NFL

HOUSTON TEXANS — Waived DT Frank Okam. Signed LB Stanford Keglar, DT Damione Lewis and DT Malcolm Sheppard. Signed DE Tim Jamison to the practice squad. Place LB DeMeco Ryans on injured reserve.
NEW YORK JETS — Signed T Andre Ramsey to the practice squad.
TAMPA BAY BUCCANEERS — Released TE Jerramy Stevens.

CFL

WINNIPEG BLUE BOMBERS — Added QB Frank Wilczynski to the practice roster.

HOCKEY

NHL

ATLANTA THRASHERS — Activated G Ondrej Pavelec from injured reserve. Reassigned G Peter Mannino to Chicago (AHL).
COLUMBUS BLUE JACKETS — Activated RW Jared Boll from injured reserve.
NASHVILLE PREDATORS — Reassigned D Teemu Laakso to Milwaukee (AHL).
NEW YORK ISLANDERS — Recalled F Matt Martin on emergency loan from Bridgeport (AHL).
NEW YORK RANGERS — Assigned F Jeremy Williams to Hartford (AHL).
PITTSBURGH PENGUINS — Assigned F Eric Tangradi and D Andrew Hutchinson to Wilkes-Barre/Scranton (AHL).
WASHINGTON CAPITALS — Recalled G Braden Holtby from Hershey (AHL). Loaned G Dany Sabourin to Hershey. Assigned C Jay Beagle to Hershey.

AHL

MANITOBA MOOSE — Assigned F Prab Rai to Victoria (ECHL).

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	16	11	5	0	480	415	22
x-Hamilton	16	9	7	0	436	372	18
x-Toronto	16	8	8	0	313	401	16
Winnipeg	16	4	12	0	419	434	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	16	11	5	0	536	403	22
x-Saskatchewan	16	9	7	0	449	442	18
Edmonton	16	6	10	0	343	501	12
B.C.	16	6	10	0	420	428	12

x — clinched playoff berth.
y — clinched division title.
Friday's games
(All times Eastern)
Montreal at Toronto, 7 p.m.
Hamilton at Calgary, 10 p.m.
Saturday's game
Winnipeg at Edmonton, 7 p.m.
Sunday's game
Saskatchewan at B.C., 5 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Maver, Cal	0	60	31	3	156
McCallum, BC	0	29	40		
6	155				
Duval, Mtl	0	37	30	12	139
DeAngelis, Ham	0	39	31	3	135
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	28	24	8	108
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
Palardy, Ham-Wpg	0	18	16	7	73
T.Edwards, Wpg	12	0	0	0	72
Bryant, Cal	11	0	0	0	66
x-Cobb, Ham	10	2	0	0	62
x-Green, Mtl	10	2	0	0	62
Lewis, Cal	9	0	0	0	54
Robertson, BC	9	0	0	0	54
Bruce, Ham	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
x-Richardson, Mtl	7	2	0	0	44
Boyd, Tor	7	0	0	0	42
McDaniel, Ham	7	0	0	0	42
Rambo, Cal	7	0	0	0	42
Reynolds, Cal	7	0	0	0	42
Watkins, Mtl	7	0	0	0	42
x-Owens, Tor	6	2	0	0	38
x-Simon, BC	6	2	0	0	38
Cobourne, Mtl	6	0	0	0	36
Davis, BC	6	0	0	0	36
Dressler, Sask	6	0	0	0	36
Durant, Sask	6	0	0	0	36
Reid, Wpg	6	0	0	0	36
Schiavone, Edm	0	8	9	1	36
David, Mtl	0	6	9	2	35
Bratton, Mtl	5	0	0	0	30
Fantuz, Sask	5	0	0	0	30
McCarty, Edm	5	0	0	0	30
Whitlock, Edm	5	0	0	0	30
Thigpen, Ham	5	0	0	0	30
Medlock, Tor	0	5	7	1	27
x-Getzlaf, Sask	4	2	0	0	26
Black, BC	4	0	0	0	24
Carr, Wpg	4	0	0	0	24

NBA

2010-11 SCHEDULE

Tonight's games
(All times Eastern)
Miami at Boston, 7:30 p.m.
Phoenix at Portland, 10 p.m.
Houston at L.A. Lakers, 10:30 p.m.
Tomorrow's games
Boston at Cleveland, 7 p.m.
Detroit at New Jersey, 7 p.m.
Miami at Philadelphia, 7 p.m.
New York at Toronto, 7 p.m.
Atlanta at Memphis, 8 p.m.
Sacramento at Minnesota, 8 p.m.
Milwaukee at New Orleans, 8 p.m.
Chicago at Oklahoma City, 8 p.m.
Charlotte at Dallas, 8:30 p.m.
Indiana at San Antonio, 8:30 p.m.
Utah at Denver, 8:30 p.m.
Houston at Golden State, 10:30 p.m.
Portland at L.A. Clippers, 10:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	30	15	9	6	38	29	51
x-Columbus	30	14	8	8	40	34	50
Kansas City	30	11	13	6	36	35	39
Chicago	30	9	12	9	37	38	36
Toronto FC	30	9	13	8	33	41	35
New England	30	9	16	5	32	50	32
Philadelphia	30	8	15	7	35	49	31
D.C. United	30	6	20	4	21	47	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	30	18	7	5	44	26	59
x-Real Salt Lake	30	15	4	11	45	20	56
x-FC Dallas	30	12	4	14	42	28	50
x-Seattle	30	14	10	6	39	35	48
x-San Jose	30	13	10	7	34	33	46
x-Colorado	30	12	8	10	44	32	46
Houston	30	9	15	6	40	49	33
Chivas USA	30	8	18	4	31	45	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Sunday's results
Columbus 3 Philadelphia 1
Los Angeles 2 FC Dallas 1
End of MLS regular season

PLAYOFFS

SEMIFINALS

EASTERN CONFERENCE
(All times Eastern)
New York vs. San Jose
Saturday's game
First Leg
New York at San Jose, 10 p.m.
Columbus vs. Colorado
Thursday's game
First Leg
Columbus at Colorado, 9 p.m.
WESTERN CONFERENCE
Los Angeles vs. Seattle
Sunday's game
First Leg
Los Angeles at Seattle, 8 p.m.
Real Salt Lake vs. FC Dallas
Saturdays' game
First Leg
Real Salt Lake at Dallas, 5 p.m.

ITALY

SERIE A

Yesterday's result
Napoli 1 AC Milan 2

PORTUGAL

LIGA

Yesterday's result
FC Porto 5 Leiria 1

SPAIN

LA LIGA

Yesterday's result
Real Sociedad 3 Deportivo La Coruna 0

MLB

2010 POSTSEASON

WORLD SERIES

Tomorrow's game
(All times Eastern)
Texas (Lee 12-9) at San Francisco (Lincecum 16-10), 7:57 p.m.
Thursday's game
Texas at San Francisco, 7:57 p.m.
Saturday's game
San Francisco at Texas, 6:57 p.m.
Sunday's game
San Francisco at Texas, 8:20 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	5	1	0	.833	177	136
Miami	3	3	0	.500	111	135
Buffalo	0	6	0	.000	121	198

SOUTH

	W	L	T	Pct	PF	PA
Tennessee	5	2	0	.714	199	117
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	4	0	.429	130	209

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	5	1	0	.833	137	82
Baltimore	5	2	0	.714	149	129
Cincinnati	2	4	0	.333	132	141
Cleveland	2	5	0	.286	118	142

WEST

	W	L	T	Pct	PF	PA
Kansas City	4	2	0	.667	150	112
Oakland	3	4	0	.429	179	165
San Diego	2	5	0	.286	177	149
Denver	2	5	0	.286	138	199

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	175	153
Washington	4	3	0	.571	130	133
Philadelphia	4	3	0	.571	172	157
Dallas	1	5	0	.167	137	152

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	2	0	.714	169	133
Tampa Bay	4	2	0	.667	98	128
New Orleans	4	3	0	.571	147	138
Carolina	1	5	0	.167	75	130

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	3	0	.571	126	114
Green Bay	4	3	0	.571	167	136
Minnesota	2	4	0	.333	111	116
Detroit	1	5	0	.167	146	140

WEST

	W	L	T	Pct	PF	PA
Seattle	4	2	0	.667	120	107
Arizona	3	3	0	.500	98	160
St. Louis	3	4	0	.429	120	131
San Francisco	1	6	0	.143	113	162

WEEK 7

Byes: Detroit, Houston, Indianapolis, N.Y. Jets
Last night's result
N.Y. Giants 41 Dallas 35
Sunday's results
Atlanta 39 Cincinnati 32
Baltimore 37 Buffalo 34 (OT)
Carolina 23 San Francisco 20
Cleveland 30 New Orleans 17
Kansas City 42 Jacksonville 20
New England 23 San Diego 20
Oakland 59 Denver 14
Pittsburgh 23 Miami 22
Seattle 22 Arizona 10
Tampa Bay 18 St. Louis 17
Tennessee 37 Philadelphia 19
Washington 17 Chicago 14
Green Bay 28 Minnesota 24

WEEK 8

Byes: N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
Sunday's games
(All times Eastern)
Denver vs. San Francisco at London, 1 p.m.
Washington at Detroit, 1 p.m.
Buffalo at Kansas City, 1 p.m.
Carolina at St. Louis, 1 p.m.
Miami at Cincinnati, 1 p.m.
Jacksonville at Dallas, 1 p.m.
Green Bay at N.Y. Jets, 1 p.m.
Tennessee at San Diego, 4:05 p.m.
Minnesota at New England, 4:15 p.m.
Seattle at Oakland, 4:15 p.m.
Tampa Bay at Arizona, 4:15 p.m.
Pittsburgh at New Orleans, 8:20 p.m.
Monday, Nov. 1
Houston at Indianapolis, 8:30 p.m.

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BATHURST & STEELES	6000 Bathurst	Bach from $875	1 Bd from $1025	2 Bd from $1150	3 Bd from $1400	416-661-7379 / 416-529-3867	1 month free on select suites
MISSISSAUGA					
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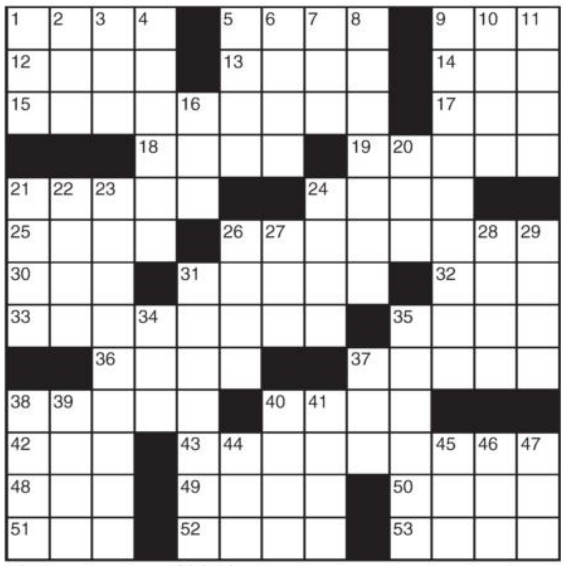
Crossword



Across

1 Gunshot sound
5 Salamanders
9 Discoverer's cry
12 Smell
13 Lotion additive
14 Lair
15 Edge
17 Moving vehicle
18 Ivory source
19 Eighth Greek letter
21 Allege
24 Fictional sleuth Charlie
25 Lends a hand
26 Invoice add-on
30 Dallas NBA'er, for short
31 They have their ups and downs
32 Luau music provider
33 Ready
35 Smile
36 To laugh (Fr.)
37 Sports venue
38 Performed
40 Hamburg's river
42 Mainlander's memento
43 Supporters of a cause
48 Picks out of a lineup
49 Regrets
50 Helpless?
51 Shirt shape
52 Disarray
53 TV trophy

Down

1 Squeezing snake
2 Toss in
3 Thanksgiving mo.
4 Free
5 Chows down
6 Anti-aircraft fire
7 Dress (up)
8 Boils
9 Exciting experience
10 Radiator output
11 Wintour or Quindlen
16 Fourth O.T. bk.
20 Owns
21 Bivouac
22 Taleteller
23 Plug
24 Lummox
26 Angry
27 Sailor's assent
28 Related
29 TV's "Warrior Princess"
31 Part of a spar
34 Chart format
35 "Summer Nights" musical
37 Disney-owned network
38 Settled down
39 Give up
40 December 24 and 31
41 Privation
44 Payable
45 Male turkey
46 Shade tree
47 Sauce for dim sum

▶ Yesterday's answer

L	O	A	D		H	E	S		B	E	C	K
A	B	R	A	S	I	V	E		Y	U	L	E
B	I	G	W	H	E	E	L		G	R	A	Y
			D	A	D		V	R	O	O	M	S
S	C	A	L	D		F	A	U	N			
E	R	N	E		B	I	G	D	E	A	L	
W	I	T		T	R	E	E	D		B	A	G
	B	I	G	B	I	R	D		C	E	D	E
			R	A	C	Y		S	A	T	Y	R
R	E	M	A	R	K		A	P	R			
O	M	E	N		B	I	G	A	P	P	L	E
S	I	G	N		A	V	E	M	A	R	I	A
S	T	A	Y		T	E	D		L	O	S	T

Sudoku

	6			3			7	
		4	2		8	5		
9								6
1		7				6		9
			9		4			
2		3				8		7
3								4
		9	3		1	2		
	2			4			8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	2	4	8	5	6	3	9	1
9	6	5	3	1	4	7	2	8
1	8	3	7	2	9	4	5	6
8	5	7	2	9	1	6	3	4
6	4	1	5	7	3	2	8	9
3	9	2	4	6	8	5	1	7
4	7	8	1	3	2	9	6	5
2	1	6	9	4	5	8	7	3
5	3	9	6	8	7	1	4	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my most awesome boyfriend Jonathan. You are the best thing that happened to me. I love you more than anything.
LOVE ALWAYS, YOUR NERD :P

Mitch. Since the day I met you I've come to learn what true love means I hope that we spend our lives together with our friends and family happy 2 year. **LOVE QUILL**

To: chocolate[BAR] Happy Birthday! May you be blessed with all the applesauce and gugenheim you can devour.
LOVE, [MLA]FORMAT

Amanda, You know your Smart, Pretty, and Petite. I find myself looking at my phone whenever Sexy Back plays, wishing it was your name on the screen. You don't deserve the stress I created. Im sorry. All the best at school today. I miss hearing about your day. **RICHARD**

Today 20°/11° Showers 60%
Wednesday 16°/7° Sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's no big deal that different people see things in different ways — not unless you choose to make it a big deal. Don't think of today's clash of opinions as a threat.

♉ Taurus April 21-May 21 Go your own way and do your own thing and ignore those who disapprove of your desire to be free of restrictions. Quite clearly they are jealous of your ability to come and go as you please.

♊ Gemini May 22-June 21 Be calm, be confident and be ready to drop whatever you are working on if a more interesting project presents itself. Devote your time and energy only to what is important to you.

♋ Cancer June 22-July 22 There is nothing you cannot do. No task is too big for you. There will, of course, be those who say you are biting off more than you can chew but, if anything, you have been too restrained of late.

♌ Leo July 23-Aug.23 If you need to make changes to your everyday routine now is the time to get serious about them. So get started and before you know it your work will be done.

♍ Virgo Aug. 24- Sept. 22 Don't tie yourself down to one location or one group of people today because you will quickly get bored. Get out and about and meet new people and explore new experiences.

♎ Libra Sept. 23-Oct. 23 If you find yourself thinking about the past it is probably because there are still issues that have not been resolved. You won't be able to move on from those thoughts until you deal with those issues once and for all.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time and energy on things that bore you. No one can force you to conform, so go your own way and do your own thing.

♐ Sagittarius Nov. 23-Dec. 21 No matter how difficult a task may look you can make a success of it. The only thing that is holding you back from trying is self-doubt, but that will disappear the moment you start to take action.

♑ Capricorn Dec. 22-Jan. 20 Now is the time to pursue whatever it is that inspires you. There really is nothing you cannot achieve at the moment, so aim high.

♒ Aquarius Jan. 21-Feb. 18 You will meet someone today who can help you realize your ambitions but they will, of course, want something from you in return. Whatever the price it's worth it.

♓ Pisces Feb. 19-March 20 You won't lack for confidence today but not everyone will share your positive attitude. Some people, it seems, get their kicks from negative thoughts and if you spend too much time with them you'll get grumpy too.
SALLY BROMPTON

Caption contest

MAJA SUSLIN/THE ASSOCIATED PRESS

WIN!

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YADIM GHIRDA/THE ASSOCIATED PRESS

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TRYP Cayo Coco • 4★

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Nov. 13 - Dec. 11 • 1 wk.

$399
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Holguin

Playa Costa Verde • 4★

All-Inclusive • Standard rm.
Nov. 13, Dec. 4 & 11 • 1 wk.

$399
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

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Nov. 13 - Dec. 12 • 1 wk.

$449
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

MEXICO

Puerto Vallarta/Riviera Nayarit

Buenaventura Grand Hotel and Spa • 4★

All-Inclusive • Deluxe rm.
Dec. 19 • 1 wk.

$1249
+Taxes & other fees (including service charges): $288

DOMINICAN REPUBLIC

Puerto Plata

Bahia Principe San Juan • 3 1/2★

All-Inclusive • Standard rm.
Nov. 5 - 26

$499
+Taxes & other fees (including service charges): $314

Samana

Gran Bahia Principe El Portillo • 4 1/2★

All-Inclusive • Standard rm.
Nov. 7 - Dec. 12 • 1 wk.

$599
+Taxes & other fees (including service charges): $314

Punta Cana

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Nov. 28 • 1 wk.

$649
+Taxes & other fees (including service charges): $314

ANTIGUA

St. James's Club & Villas • 4★

All-Inclusive • Club rm.
Nov. 21 & 28 • 1 wk.

PRIVILEGES
$1499
+Taxes & other fees (including service charges): $242

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive
Exclusive, renovated standard rm.
Nov. 4, 5, 8-12, 15-18 & 22-30
1 wk.

PRIVILEGES
$879
+Taxes & other fees (including service charges): $287

COSTA RICA

Liberia

Occidental Grand Papagayo • 4 1/2★

All-Inclusive • Deluxe rm.
Nov. 7 & 28 • 1 wk.

$999
+Taxes & other fees (including service charges): $214
Departure tax: 26 USD cash, paid locally

SAINT LUCIA

Almond Morgan Bay • 4★

All-Inclusive
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CRUISE

Celebrity Cruises[2]

Celebrity Summit℠

Southern Caribbean Cruise
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Oceanview stateroom, cat. 7
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A travel card that knows no boundaries

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- Earn double points on many travel and everyday purchases[3]? YES
- Earn 15,000 Welcome Points – enough for a short-haul flight[4]? YES

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1. Points can only be redeemed for a statement credit towards a qualified travel purchase, minimum redemption required and other terms apply. 2. Point transfer ratios vary by participant and transfers can take up to 5 days. Other terms apply. Visit membershiprewards.ca for details. 3. On net purchases of eligible travel and at eligible gas stations, grocery and drugstores in Canada. Restrictions apply. See americanexpress.ca/double. 4. For account in good standing. Charge $500 in purchases in first 3 months of Card membership. Conditions apply. 15,000 Membership Rewards Points = 15,000 Aeroplan Miles. As per Aeroplan's current reward chart, 15,000 Aeroplan Miles are currently enough for a round-trip short-haul flight reward in economy class within Canada or to the Continental US with Aeroplan ClassicFlight Rewards (applicable fees and taxes are additional). Reward seat availability is capacity controlled and is subject to seasonality of demand. Please visit aeroplan.com for details. ®*Aeroplan is a registered trademark of Aeroplan Canada Inc. ®: Used by Amex Bank of Canada under license from American Express